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# CHARMER

## DICAPRIO GIFTS BLAKE LIVELY'S DAD AT PARTY {page 20}



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Thursday,  
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News worth  
sharing.

# 'Beast' remembered

- ▶ Canadian Brad McCrimmon died in a plane crash with his Russian hockey team
- ▶ He played for six different NHL teams, served as an assistant coach on four clubs

Canadian Brad McCrimmon's tough exterior earned him the nickname "Beast," but under that shell was a keen, confident hockey mind that helped dozens of players and teammates.

McCrimmon died yesterday in a Russian plane crash that killed 36 members of the hockey team Lokomotiv Yaroslavl and 43 people in total. The 52-year-old from Plenty, Sask., was named head coach of the KHL team in May.

There are few people in the North American hockey world McCrimmon didn't come in contact with after 18 years as a defenceman in the NHL and another 14 as a coach at different levels in the game.

"Brad McCrimmon alone would have affected, in a positive way, thousands of people, from the cities that he lived in ... players, other coaches, management, staff, everybody," former Calgary Flames teammate Perry Berazan said yesterday. "He was such a personable guy and a guy you wanted to listen to on a regular basis."

Berazan was McCrimmon's roommate on the road during their time together in Calgary.

▶ Rescuers lift a stretcher with the body of a victim out of the river yesterday, at the crash site of a Russian Yak-42 jet near the city of Yaroslavl, northeast of Moscow.  
Inset: Canadian hockey coach Brad McCrimmon, killed in the crash.



Berazan described McCrimmon as a leader on the team and a mentor to younger players.

McCrimmon approached playing and coaching with a crusty candour that Jim Peplinski, another

Flame teammate, appreciated.

"Coarse, frank, blunt, but he was easy to understand," Peplinski said. "As soon as you could pierce that rough exterior, there was a soft side that would go to

war with you.

"We always called him Beast because he was so gruff."

THE CANADIAN PRESS

More coverage {page 8}

## Enforcement

## More cop patrols in McCauley

- ▶ Officers step up patrols in some of city's most troubled areas
- ▶ Part of violence-reduction plan {page 3}

## Are you ready?

NFL's back.  
Read our preview  
{page 33}



## Reface, not replace

Refacing cabinets saves money when remaking your kitchen  
{page 24}



## Mosaic Townhomes with double attached garages

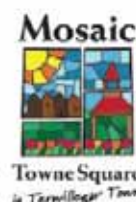
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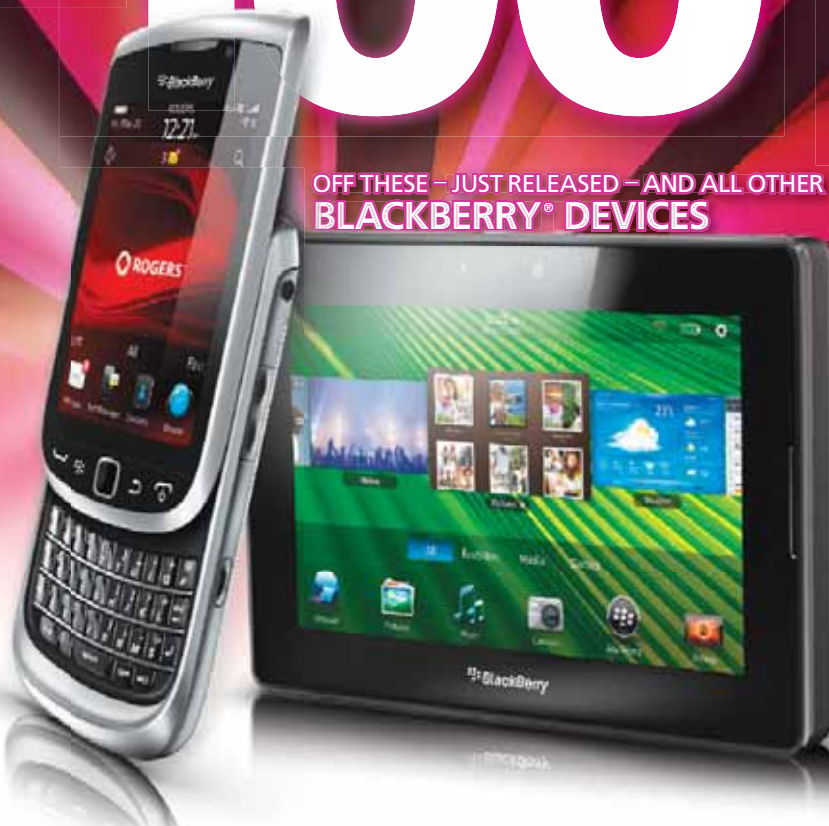
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## Obesity plan a first of its kind

**SHELLEY WILLIAMSON**  
@METRONEWS.CA

Alberta Health Services announced a five-year obesity initiative yesterday, which the province and medical community are hoping will bite back at the growing issue.

"This initiative involves a comprehensive approach that recognizes the complexity of obesity prevention and management," said Dr. Arya Sharma, medical director of the AHS obesity initiative and Canadian Obesity Network founder.

AHS estimates obesity costs \$1.4 billion due to reduced length and quality of life and health-care costs, and it affects one million Albertans every year.

The province is injecting \$10.9 million in the plan's first year, along with \$4.9 million in Alberta Health and Wellness grants.

Prevention and education programs and weight management training are part of the new initiative.

Also part of the plan to fight obesity are more bariatric surgeries — which reduce stomach size — helping whittle down wait lists Sharma estimates are in the thousands, and years-long.

Jim Starko was among those statistics before losing 163 pounds recently.

"Fat people count, too. We're important and we too need and deserve help and support," said Starko.



► Sgt. Dave Radmanovich shows off one of EPS' new black-and-white police cars at the launch of the McCauley Community Action Team.

# Police increase their presence downtown

► Officers stepping up their patrols in some of the city's most troubled neighbourhoods ► Alcohol abuse one of the major issues in McCauley

**SHELLEY WILLIAMSON**  
@METRONEWS.CA

Edmontonians travelling through McCauley the next few nights may feel a little safer.

As part of Chief Rod Knecht's violence-reduction strategy, 10 EPS officers with the first Community Action Team (CAT) are hitting the city's worst spots for street crime.

Georgina Fiddler lives in the Hull Block and said

she's tired of seeing her community deteriorate.

"It's pretty scary," Fiddler said while out walking her dog, something she no longer does after dark. "Last night, I went to the store to get milk at 10 o'clock and there were three people outside the store doing drugs. You have to live here to see it."

Fiddler is pleased to see a beefed-up police presence, but believes the biggest contributor to problems is the concentration of social

agencies.

Sgt. Dave Radmanovich says the area was chosen for the first CAT patrol because crime "is almost the worst" in the city, especially for alcohol-fuelled issues.

Radmanovich said the educational component will include alcohol awareness, especially among the stores and bars selling booze.

"If we can just slow down the amount of alcohol, that will go far," he said.

### Neighbourhood

- The median household income in McCauley is \$22,109, compared to the city's \$57,085.
- So far in 2011, McCauley had 505 intoxicated persons complaints, 403 trouble with person calls, 184 assault reports, 128 disturbances, 32 gun and knife complaints, and 16 female and two male soliciting complaints.

1  
news



What does spring break have to do with teen-pregnancy rates? Scan the code for the story.

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On the web at  
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Jason Priestley gives a hint of what to expect from the upcoming season of **Call Me Fitz**. Video at metronews.ca

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## FEMALE DRIVER

## After 30 years, a charge in cabbie's death

A 51-year-old man has been ordered to stand trial in the death of a female cab driver nearly 30 years ago.

Robert James Fletcher is charged with first-

degree murder in the death of Gerdina Kruidbos.

He is also charged with robbery, kidnapping and rape.

The rape charge no longer exists in Canada, but it did when Kruidbos was killed in December 1981.

Kruidbos was sexually assaulted and stabbed several times before being found dead in her cab.

A trial date in the case has not yet been set.

THE CANADIAN PRESS

## Speak out on education

Alberta's NDP Opposition is launching a campaign about education cuts. It will send postcards to parents who can send them back with their stories, which can also be shared through Facebook, email and traditional mail.

METRO

## Drivers dial for danger

Police are making impaired driving intercepts thanks to drivers who report them by calling 911. From Jan. 1 to Aug. 31, 5,539 calls were received, resulting in 2,062 intercepts and 504 impaired charges.

METRO

# Candidates talk cash

JEFF MCINTOSH/THE CANADIAN PRESS



► Candidate Doug Griffiths delivers his opening remarks during the Alberta PC leadership debate.

► The job: The next premier of Alberta ► The final leadership debate is set for Edmonton Sept. 15

The six candidates vying to become the next premier of Alberta promise to balance the province's books to offset the boom-bust economy.

Ted Morton, the former finance minister, has told a Tory leadership debate in Calgary that he'll balance the budget by 2013, saying when debt piles up, education and health care suffers.

Candidates Alison Redford and Gary Mar say they will save money by implementing fiscal discipline.

Doug Horner says he

**"It was a hot fiscal furnace to be forged in."**

GARY MAR,  
FORMER HEALTH MINISTER

### September vote

- The first round of balloting is on Sept. 17.
- If no candidate gets a simple majority of votes, the top three will move to a final run-off round of voting on Oct. 1.

will reinvest savings into more research and innovation funds.

Candidate Doug Griffiths says the government has to stop throwing money around to buy voter support at election time.

Rick Orman chided his rivals for running up the deficits at the cabinet and caucus table and now promising to eradicate them.

THE CANADIAN PRESS



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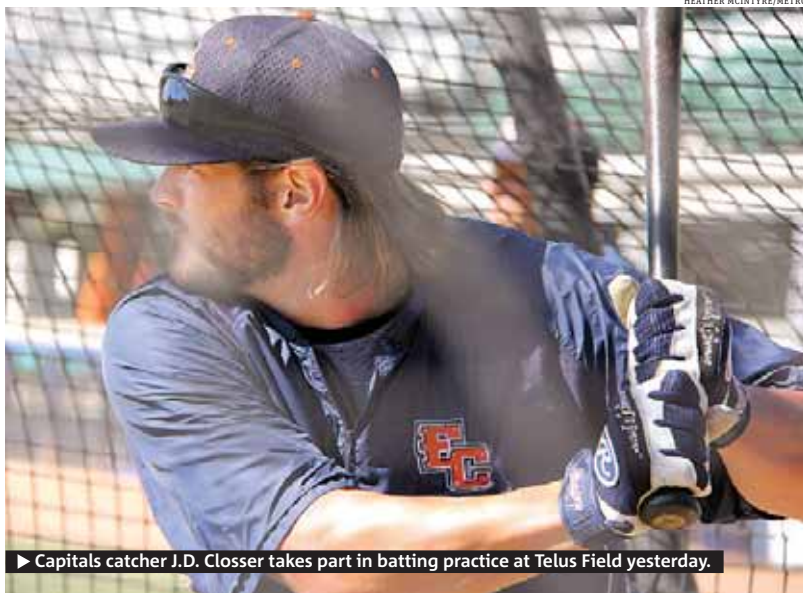
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HEATHER MCINTYRE/METRO



## Capitals get first crack at championship

- North American Baseball League title up for grabs
- Teams play tonight through Sunday, Tuesday if needed



HEATHER  
MCINTYRE  
@METRONEWS.CA

Now that the Battle of Alberta has been won, the Edmonton Capitals are about to embark on a new campaign with an unfamiliar foe.

Play for their first league championship title starts tonight against the Rio Grande Valley WhiteWings, South Division champs of the North American Baseball League.

"The feeling is good," team manager Orv Franchuk said yesterday. "From the beginning of spring training in Scotts-

**7 p.m.**  
**Game 1 is tonight at 7 p.m. at Telus Field, where the entire championship series will be played.**

dale, Arizona, the goal has been to win the championship."

Since the team was founded in 2005, it has made the playoffs three times playing in different leagues. It was ousted by the Calgary Vipers in 2008 and 2009 — but not this year.

Rebuilding was key

heading into the season, and hitting coach Gord Gerlach likes what he's seen.

Gerlach has been with the team since its Cracker-Cats days.

"Experience and character are the things you're searching for when putting together a roster," he said of his 2011 club. "We have those two intangibles."

Franchuk said the forecast and recent wins should draw a crowd over the next four days.

"People like winners," he said.

And that's what the Capitals intend to be.

### NOBEL CAUSE

## Peace laureates reject pipeline

Nine winners of the Nobel Peace Prize have written a letter to U.S. President Barack Obama asking him not to approve a pipeline that would ship oilsands crude from Alberta to Texas.

The signatories include Archbishop Desmond Tutu and the Dalai Lama.

The letter says the Keystone XL Pipeline poses a safety threat and would encourage greater use of oilsands oil, which they say creates more greenhouse gas than conventional oil.

It was drafted after a U.S. environmental group approached the organization that represents six of the seven living female peace prize laureates.

Along with Tutu and the Dalai Lama, the signa-

tories are: Mairead Maguire, Betty Williams, Adolfo Perez Esquivel, Rigoberta Menchu Tum, Jose Ramos-Horta, Jody Williams and Shirin Ebadi. The laureates are from Ireland, Argentina, South Africa, Tibet, Guatemala, East Timor, the United States and Iran.

A spokeswoman for that group says all the laureates who signed the letter were aware of the issues the pipeline represents and of the protests it has generated in Washington. **THE CANADIAN PRESS**

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# Capturing the 'magic' at Disney store

► New concept store aims to deliver 'best 30 minutes of a child's day' ► 5,800-square-foot store on lower level in Phase II



**HEATHER MCINTYRE**  
@METRONEWS.CA

Dressed up as Rapunzel, Leila Eckensviller was picked to "unlock imagination" yesterday.

The three-year-old was one of many lined up to experience the newly designed Disney Store at West Edmonton Mall.

The ceremony, featuring a giant key, will start and end every day.

"We've done things and have things to capture all the magic in the store," said general manager Jennifer Schoenberger.

A scent called Imagination can be detected upon

## Worldwide

► **Retail stores.** By the end of the year, 60 of Disney's 340 new concept retail stores will be unveiled in 16 major cities across North America and eight countries.

arrival, as shoppers follow the pixie path past 12-foot-tall translucent trees.

There's a castle and a magic mirror where princesses appear at the wave of a wand, as well as a theatre.

Mickey Mouse and Goofy will be on hand for the official grand opening Sept. 17 from 12 to 4 p.m.



► Upon entering the newly designed Disney Store at West Edmonton Mall, everything related to Cars can be found on the left, while the pixie path will lead to a castle and other princess-related items on the right. And that's just to start.

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## News in brief

SHELLEY WILLIAMSON/METRO



### Community cleanup planned

**DEMOLITION.** In the wake of a second fatal shooting in two months, the Samson Cree First Nation council stated plans to demolish derelict homes and evict "undesirable" residents.

RCMP confirmed yesterday Chelsea Yellowbird, 23, died from a gunshot wound Sunday.

The slaying was next door to where her five-year-old nephew was shot dead July 11.

● METRO

### More Alberta teens smoking

**SPIKE.** Health Canada's 12th annual tobacco-use numbers released yesterday show less people smoking nationwide, but a 4.5 per cent spike in Albertan teens lighting up. Alberta's teen smoking rate rose to 16.9 per cent in 2010 from 2009's 12.4 per cent.

This bucks the Canadian trend of 15- to 17-year-old smokers, which fell to nine per cent.

● METRO

### Negasi to serve 17 years

**WIFE KILLER.** Edmonton wife killer Tesfai Negasi will be in prison into his 70s before any chance at freedom.

The 54-year-old was handed 17 years with no chance at parole yesterday for the 2009 second-degree murder and dismemberment of his wife, Selamawit.

Court heard in the trial Negasi drove to the police station with his wife in the trunk, and confessed. ● METRO

### Police chase nets \$9,000 in fines

A central Alberta man who led police on a chase that reached up to 220 kilometres per hour has been fined almost \$9,000.

Tanner McKay Schalin, 22, pleaded guilty to failing to stop for police, driving with no insurance and driving while unauthorized when he appeared this week in provincial court in Red Deer.

Schalin was first spotted on radar near Leduc speeding at 170 kilometres on a motorcycle on May 28.

THE CANADIAN PRESS

## 200

Police abandoned the pursuit when one of their vehicles hit 200 km/h.



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► Rescuers seen at the crash site of the Russian Yak-42 jet near the city of Yaroslavl yesterday. The jet carrying a top hockey team crashed moments after takeoff.

# World reacts to shocking crash

- Disbelief in global hockey community
- Condolences sent to family and friends of victims

Reaction to the plane crash in Russia that killed at least 43 people, including members of the top Russian hockey team Lokomotiv:

**NHL commissioner Gary Bettman:**

"Though it occurred thousands of miles away from our home arenas, this tragedy represents a catastrophic loss to the hockey world — including the NHL family, which lost

so many fathers, sons, teammates and friends." **International Ice Hockey Federation president Rene Fasel:**

"This is the darkest day in the history of our sport. This is not only a Russian tragedy. ... This is a terrible tragedy for the global ice hockey community with so many nationalities involved."

**Russian Ice Hockey Federation president Vladislav**

**Tretyak:**

"We will do our best to ensure that hockey in Yaroslavl does not die, and that it continues to live for the people that were on that plane."

**Czech coach Vladimir Vujtek:**

"That's horrible. I had many close friends there, I know the families. Just half a year ago, I trained those guys."

THE ASSOCIATED PRESS

## Tragedy exacts heavy death toll on team

A private Russian jet carrying a top hockey team slammed into a riverbank yesterday, killing 43 people, including the team's Canadian coach, in one of the worst plane crashes ever involving a sports team.

Two other people were critically injured.

Russia and the world of hockey were left stunned by the deaths of so many international stars in one catastrophic event. The International Ice Hockey Federation said 27 players of the Lokomotiv Yaroslavl team were killed, along with two coaches and seven club officials.

The Russian Emergency Situations Ministry said the Yak-42 plane crashed into the shores of the Volga River immediately after leaving the airport near the city of Yaroslavl, 240

► In this file photo, Swedish hockey player Stefan Liv, who died in a plane crash yesterday, arrives at the Vancouver airport for the Olympics.



kilometres northeast of Moscow. The weather was sunny and clear at the time. Russian media said the plane struggled to gain altitude and crashed into a signal tower, shattering into pieces.

The plane was carrying the team from Yaroslavl to Minsk, the capital of Belarus, where they were to play in the opening game

of the Kontinental Hockey League season.

It had 45 people on board, including 37 passengers and eight crew, the ministry said.

The cause of the crash was not immediately apparent. Unnamed local officials said it may have been due to technical problems.

THE ASSOCIATED PRESS

### Tragic legacy

► Czech players Josef Vasicek, Karel Rachunek and Jan Marek and Latvian defenceman Karlis Skrastins were amongst those killed.

► The Russian team featured several top European play-

ers and former NHL stars, including Slovakian forward and national team captain Pavol Demitra, who played in the NHL for the St. Louis Blues and Vancouver Canucks.

► Other top names include Russian defenceman Ruslan Salei and Swedish goalie Stefan Liv.

► Officials said Russian player Alexander Galimov survived the crash along with a crew member.

► In June, another Russian passenger jet crashed in the city of Petrozavodsk, killing 47 people. The crash of that Tu-134 plane was blamed on pilot error.

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## News in brief

## Delhi bombing kills 11

**INDIA.** A powerful bomb hidden in a briefcase ripped through a crowd of people waiting to enter a New Delhi courthouse yesterday, killing 11 and wounding scores more in the deadliest attack in India's capital in nearly three years.

An al-Qaida-linked group claimed responsibility, though government officials said it was too early to name a suspect.

The attack outside the High Court came despite a high alert across the city and renewed doubts about India's ability to protect even its most important institutions, despite overhauling security after the 2008 Mumbai siege.

THE ASSOCIATED PRESS

## Suicide blasts claim 23 in Pakistan

**QUETTA.** A pair of suicide bombers killed 23 people while targeting a top army officer in southwest Pakistan yesterday, missing him and killing his wife, several guards, a senior officer and two children, officials said.

Police said they were investigating whether the strike in the city of Quetta was a revenge tactic for the recent arrests there of three top al-Qaida suspects, an operation that was assisted by the CIA.

The Taliban claimed responsibility for the attack, but a spokesman for the group did not mention the arrests.

Police officer Hamid Shakil said more than 80 people were injured, some critically.

THE ASSOCIATED PRESS

## Threats ground Pakistan flights

## ► Bomb scare comes four days before 10th anniversary of 9-11

Two flights operated by Pakistan's state-owned airline received bomb threats yesterday, and both landed safely, one in Turkey, the other in Malaysia, officials said. No bombs were found.

The first flight was headed for Manchester, England, when it was notified of the threat near the Bulgarian capital of Sofia. The crew contacted the control tower in Istanbul to seek permission for the landing, state-run Anatolia news agency reported.

Authorities quickly evacuated all 378 passengers

from the Boeing 777-300ER aircraft after it parked at a remote corner of the International Ataturk Airport, and bomb squads began searching the plane with sniffer dogs, Anatolia reported.

PIA spokesman Mashood Tajwar confirmed the flight received a threat and landed. All passengers were safe. A police search turned up no bomb, officials said.

Later, a second PIA flight from Islamabad to Kuala Lumpur also received a bomb threat.

THE ASSOCIATED PRESS



► Passengers disembark from a Pakistan International Airlines plane that was forced to land in Istanbul due to a bomb threat yesterday.

## U.S. slaps sanctions on al-Qaida members

The United States has put sanctions on three Pakistan-based individuals it says are top al-Qaida members.

Yesterday's action freezes any assets in the United States belonging to Abu Yahya al-Libi; Abd al-Rahman Ould Muham-

mad al-Husayn Ould Muhammad Salim; and Mustafa Hajji Muhammad Khan. Americans are also barred from doing busi-

ness with the men, who are considered by the U.S. to be key al-Qaida operatives.

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Bonnie Doon  
Capilano Mall  
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Kingsway Mall (kiosk)  
Londonderry Mall  
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Northgate Centre  
Northgate Centre (kiosk)  
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# NASA scientist guilty of spying

- Wanted \$2M US to sell top-secret information
- Could have faced death penalty for espionage

A former U.S. government space scientist pleaded guilty yesterday to one count of attempted espionage for trying to sell classified information to an undercover FBI agent posing as an Israeli spy.

During an appearance in federal court, Stewart David Nozette admitted that he tried to provide Israel with top-secret information about satellites, early warning systems, ways of retaliating against large-scale attack, communications intelligence information and major elements of defence strategy.

Both the Justice Department and Nozette's lawyers have agreed to a sentence



► Stewart David Nozette

of 13 years in prison, with credit for two years Nozette has already spent behind bars. U.S. District Judge Paul Friedman said he was prepared to accept the deal, pending Nozette's co-operation with prosecutors, a

procedure expected to last into November.

Appearing in court in a prison jumpsuit, Nozette said he understood the charge to which he was pleading. He could have been sentenced to death had he been convicted of all four counts of attempted espionage that he faced.

Just before his arrest, Nozette told an undercover FBI agent in the sting operation on Oct. 19, 2009, that the secrets he was passing to Israel had cost the U.S. government anywhere from \$200 million to almost \$1 billion, according to newly filed court papers in the case.

THE ASSOCIATED PRESS

Dalai. Lama



► His Holiness the Dalai Lama smiles as he arrives in Montreal yesterday. He is attending a conference on the world's religions in the post 9-11 world.

GRAHAM HUGHES/THE CANADIAN PRESS

## Talking religion after Sept. 11

Joining the Dalai Lama at the Montreal conference were religious scholars and spiritual thinkers, including Nobel laureate Shirin Ebadi, Tariq Ramadan and Deepak Chopra.

**49** The percentage of Canadians who said they were not likely to cheat on their taxes.

## A nation of cheaters?

A new poll commissioned by the taxman suggests half of Canadians are ready to cheat with under-the-table cash payments.

The others were open to cutting corners, usually by paying cash for goods and services.

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Gigatech Systems Inc: 10566 - 108 St  
Glenora Food Mart: 14035 - 105 Ave  
Hair Unlimited: #5, 10015 - 82 Ave

Sata Computer: #10, 8103 - 127 Ave  
The Renovation Store: 12049 - 127 St  
Variety Dollar: 3427 - 118 Ave  
Your Mobile: 11729 Jasper Ave

# Are Gadhafi's days numbered?

► Former rebels don't know where Gadhafi is: Deputy Defence Minister ► Ousted leader is not a NATO target

A Tripoli military official said yesterday that Moammar Gadhafi is cornered and the days before he is captured or killed are numbered, but another senior defence official contended that Libya's new rulers have no idea where the fugitive former leader is.

The comments are the latest in a series of conflicting statements on the most pressing question still haunting the North African nation — where is Gadhafi?

The ousted leader, who ruled Libya for nearly 42 years, hasn't been seen in public for months, and has released only audio messages trying to rally his supporters and lash out at his

opponents. He went into hiding after opposition fighters swept into Tripoli on Aug. 21. The former rebels are still battling regime loyalists in three Gadhafi strongholds; Bani Walid, Sabha and Sirte.

Hunting down Gadhafi would help seal the new rulers' hold on the country, and likely trigger the collapse of the remaining regime loyalists.

Anis Sharif, a spokesman for Tripoli's military council, told The Associated Press that Gadhafi was still in Libya and had been tracked using advanced technology and human intelligence. Rebel forces have taken up positions on

all sides of the fugitive leader's presumed location, with none more than 60 kilometres away, he said.

"He can't get out," said Sharif, who added the former rebels are preparing to either detain him or kill him. "We are just playing games with him," he said. He said an operations room has been set up in Tripoli to try to track Gadhafi's movements and co-ordinate the search.

Thousands of fighters have converged on areas outside Bani Walid, some 140 kilometres southeast of Tripoli, threatening to attack if residents don't surrender by Saturday.

THE ASSOCIATED PRESS



► Canisters are stored inside a warehouse with many other munitions at a former Gadhafi military base in Abu Shweich, 120 kilometres west of Tripoli.

## UNSECURED WEAPONS A THREAT

Crates of mortar shells sit unguarded and empty boxes for missiles to blow up tanks and bring down airplanes are strewn about arms depots around the Libyan capital.

Former rebels say they took some ammunition for the fight against Moammar Gadhafi, but U.S. officials and others have expressed fears Libya's weapons could fall into the wrong hands.

The six-month civil war

that ended Gadhafi's 42-year rule and sent him into hiding also threw open the gates to his regime's extensive armouries.

The country's new leaders have failed to secure many of the caches, making them free game for looters, former rebel fighters or anyone with a truck to carry them away.

Since Gadhafi's fall, American and UN officials have warned that the failure to control Libya's

weapons could destabilize the whole of North Africa.

It remains unclear how many weapons have been uncovered since Gadhafi's fall, said Peter Bouckaert of Human Rights Watch.

"The problem is that the locals usually find out first and by the time we arrive and we can get some guards there, a lot of the most dangerous weapons have already been taken away," he said.

THE ASSOCIATED PRESS

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# A \$1B McMakeover

- Would you like fries with that leather chair and plasma TV?
- McDonald's getting a new look to take on rivals in fast-food war

McDonald's is spending \$1 billion to renovate all its Canadian restaurants in an effort to make them look cozier, raising the stakes in Canada's \$19-billion-a-year fast-food industry.

The company plans to spruce up 1,400 stores by next year, tearing out the old plastic interiors and replacing them with leather furniture, plasma televisions and fireplaces.

Exteriors are also getting a fresher look as the traditional red roofs are replaced.

The Canadian redesigns are based on formats used by McDonald's in Australia and parts of Europe. Construction is complete in some restaurants in Toronto and Montreal.

McDonald's Canada CEO John Betts said renovated stores have already brought in more customers. "The business we've been enjoying from our reimaged restaurants or remodelled restaurants is close to double digits," he said.

That's higher foot traffic than the average. Analysts say annual growth in the industry is normally two to three per cent.

Betts added that while the chain is trying to make the restaurants more comfortable and inviting, it is also offering new menu items, enlarging the drive-thrus to make them quicker and adding McCafé products to a "large portion" of the renovated



► McDonald's Canada CEO John Betts, enjoying a meal at a franchise in Toronto's east end, says the renovations are a response to feedback from customers and store owners.

**"People tend to linger a little bit more in restaurants today. They want to enjoy their meals, take a break from the busy lifestyle that they lead, and we think our restaurants today are certainly doing that a lot better than in the past."**

JOHN BETTS, CEO, MCDONALD'S CANADA

stores. That includes fruit smoothies, pastries and higher-end coffees such as lattes.

McDonald's isn't the only quick-service restaurant to get a facelift as it fights for customers. In June, Soul Restaurants Canada Inc., the new operator of more than 200 KFC restaurants in Ontario and British Columbia, announced an "aggressive renovation initiative"

but didn't provide further details.

And Burger King has begun swapping its generic fast-food feel for sleek interiors with rotating chandeliers, TV-screen menus and "burger bars" — some of which serve alcohol — aiming for a vibe that's more sit-down than drive-through at its 12,000 restaurants worldwide.

THE CANADIAN PRESS

## Black sues 'Cain-like' ex-partner

Conrad Black is suing his former Hollinger International business partner David Radler, who testified

against him at his 2007 fraud trial.

The lawsuit filed in Illinois accuses Radler of illegally adding shareholders and debt to Horizon Publications Inc., a U.S. newspaper chain in which Black had a stake.

The Chicago Sun-Times says the suit by Black, who returned to prison this week, calls Radler "an infamous Canadian citizen" and refers to his "Cain-like betrayal."

For decades the two businessmen ran the Hollinger

newspaper group and its affiliates, Black as CEO and Radler as his COO.

They built Hollinger into one of the world's biggest newspaper companies, with operations in Canada, the United States, Britain and Israel. However, Hollinger was sold off piece by piece over the past decade.

Radler said yesterday that he was aware of the lawsuit, but had not yet seen the legal documents and could not comment.

THE CANADIAN PRESS

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## Saab story nearing end

BJORN LARSSON/THE ASSOCIATED PRESS

► The Saab plant in Trollhattan, western Sweden, is facing closure.



Swedish Automobile, producer of the Saab, filed for bankruptcy protection yesterday in a last-ditch attempt to salvage a brand crippled by production stoppages, withheld salary payments and mounting debt. The company said the move would buy it time to receive funding from Chinese investors and avoid bankruptcy.

The Netherlands-based Spykers Cars changed its name to Swedish Automobile after deciding to focus only on the Saab brand. Led by Dutch businessman Victor Muller, the company has failed to revive the loss-making brand since

taking it over in 2010 from General Motors Co., which was in the process of dismantling it.

THE ASSOCIATED PRESS

WHY DO CANADIANS PAY MORE?

## Flaherty seeks answers on price gap

Finance Minister Jim Flaherty is asking a Senate committee to look into the price gap between Canada and the U.S.

In a letter to the Senate finance committee released yesterday, Flaherty said he is irritated that the gap continues to exist

even though the Canadian dollar has been worth more than the U.S. currency for most of the year.

The loonie's strength has presented challenges to entrepreneurs, exporters and the economy but Canadian consumers aren't getting full payback in the form of the prices of goods sold in this country, he says.

Flaherty has asked the committee to look into how prices are affected by the size of the Canadian retail market, transportation and freight costs, tariffs, real-estate costs and other factors.

THE CANADIAN PRESS

## Bank stays course on interest

### Gloomy outlook





- New data show the U.S. recession was deeper than thought and the recovery is shallower, and will be impeded further as Washington starts withdrawing stimulus.
- Canada is not sheltered from the storm. Exports have collapsed and financial conditions have tightened, while growth stalled in the second quarter and will be slower in the months to come.

The Bank of Canada will maintain its key interest rate near historic low levels for the foreseeable future to help stimulate the ailing economy by keeping the cost of borrowing down.

For the eighth consecutive announcement date, the central bank kept the overnight rate at one per cent. It also dropped its caution that rates would need to rise in the future, a warning that had been made when the economy appeared to be improving. Instead, the bank's gov-

erning council said yesterday that the global and Canadian economies are experiencing significant difficulties and need the help of cheap borrowing costs. THE CANADIAN PRESS

## Market moment

| TSX  | Dollar  |
|--|---|
|  |  |
| + 202.02<br>(12,720.56)  | + 0.44¢<br>(101.47¢ US)   |
| Oil  | Natural gas   |
|  |  |
| + \$3.32<br>(\$89.34 US)   | \$3.991 US<br>(+ 5.0¢)  |
|  | Gold contract<br>\$1,817.60 US<br>(- \$55.70)   |

AP/WIDEWORLD

# PARENTING WITHOUT THE CHLOROFORM

## HE SAYS ...

JOHN MAZEROLLE  
METRO



When I was a kid, I could tell back-to-school time was here when we weren't allowed to eat.

Can of pop? "That's for lunches." Yogurt? "Lunches."

Bacon and eggs? "Lunches." If I remember correctly, all we were allowed at home was a box of baking soda and the occasional Milk Bone.

I don't have any children, but having experienced my parents' rearing methods — discipline through starvation — I believe I have the skills necessary to help you as your child heads back to school. Here's what you need to know:

**Fashion:** Children's trends can be confusing, but it's important to remember that fashion is cyclical. In some eras, high school kids wear clothing so tight that they might as well be naked. Other times, they wear clothing so loose any quick movements will render them naked.

**"If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window."**

They know what they're doing. I have no idea what's "in" now, but if it offends your sensibilities, pick it up. Your kid will love it.

**Supplies:** Once your kids have all the "hippest duds," you'll want to get them the coolest supplies. Nothing was worse than owning plastic rulers pathetically devoid of holographic dinosaurs, or a compass that wasn't nearly sharp enough to stab the girl you liked. Buy one of those \$29.99 sets with the quadratic equation written on the back and your kids could be as cool as I was, though somehow I doubt it.

**Rest:** Getting kids to bed at a decent hour after a long summer can have even the most patient parents reaching for the chloroform. Researchers say you should make sure your child gets eight hours of sleep — more if you don't like them.

**Don't forget to care:** As the school year moves on, it's imperative you pretend you still care about your kids. After all, these are the same children that will one day be sending you to a home.

Showing your love may prove difficult. If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window. And if you ask what happened at school today, they will say, "Nothin'," even if their math teacher unexpectedly burst into flames.

Despite this, support whatever they do. If they lie to the teacher, tell them they have a life as an MP ahead; if they don't show up at all, senator.

And that's the only proper way to raise your children. But remember, all these guidelines will be useless if you don't forget one important rule. You MUST feed your children, lunches be damned. A Milk Bone will clean their teeth, too.

Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)



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[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

Should parents and students have to pay for school supplies?

87%

YES, IT'S PART OF THE COST OF PROCREATING



12%

NO, WE SHOULD ALL BE FULLY FUNDING THE EDUCATION OF OUR FUTURE CAREGIVERS

## Worth mentioning

The Dalai Lama warns that all religions — including his own — have faithful who carry the seeds of destructive emotions within them.

Speaking yesterday in Montreal, the Buddhist spiritual leader said a key to promoting religious harmony after 9-11 is to stop criticizing religions based on the actions of a handful of "mischievous" followers.

He delivered his message at a conference examining how religions can foster peace in the post-9-11 world.

"Logically, if you criticize Islam due to a few mischievous Muslims, then you have to criticize all world religions," the Dalai Lama told the packed auditorium.

"That, I think, is totally wrong to create that kind of negative impression to one particular religion — that is totally wrong."

He said everybody — even himself — has the potential to develop harmful feelings and it's the job of religions to try and reduce them.

"Through awareness ... we try to minimize these destructive emotions and try to increase these constructive emotions," he said. **THE CANADIAN PRESS**

## Cartoon by Michael de Adder



## WEIRD NEWS

## Being a nudist does have its drawbacks

Nudists in San Francisco might soon lose the freedom to bare it all — at least some of the time.

Walking around naked is legal, but a city supervisor concerned about public health and sanitation introduced legislation Tuesday that would require nudists to put something under their bottoms if they take a seat in public.

Supervisor Scott Wiener's propos-

al would also require nudists to cover up when they are in a restaurant.

Wiener represents the city's Castro District, where a group of nudists is known to gather and walk around.

The San Francisco Chronicle reports that Wiener only wants to require that nudists show basic courtesy and decency to their fellow citizens, not open up a debate on the appropriateness of public nudity.

"Only in San Francisco," Capt. Greg Corrales told the newspaper.

Just walking around naked in San Francisco isn't against the law, unless the person is aroused. Then the conduct can be considered lewd, which is illegal, according to the San Francisco Chronicle. **THE ASSOCIATED PRESS**

# 2

## scene

# An inspiration for peace

9-11 anniversary prompts Peace in the Park

## BACKSTAGE PASS

JENNIFER LARAWAY  
METRO EDMONTON



It's hard to believe it's already been a decade since 9-11.

The profound tragedy affected people in all corners of the world. After the grief, there were the memorials and a generous outpouring of support.

As the 10th anniversary approaches, some people are looking to turn the tragedy into inspiration for peace.

Sam Simpson is a newbie event planner on a mission. She, along with a small team, including motivational speaker Rev. Patrick, are putting on Peace in the Park from 11:00 a.m. to 6:00 p.m. on Sunday, Sept. 11 at the Heritage Amphitheatre in Hawrelak Park.

"I have very little experience with event planning, but the team we created brought strengths from all



► Canadian Idol finalist Marin Kerr is set to perform at Sunday's event.

areas," Simpson shares.

Her rookie status doesn't show, perhaps because she is so driven in her mission. She says her inspiration for the event stems from her own personal journey.

"As the Dalai Lama said, 'We can never obtain peace in the outer world until we make peace with ourselves,'" she says and that philosophy prompted her to get into action. In November 2010, Simpson found herself spiritually disconnected.

# 1,000

Over 1,000 people are expected to turn out for Sunday's event.

"I was looking for a teaching that offered hope, love, and acceptance," she shares. "I found that and much more the first time I heard Rev. Patrick speak. It was a renewed faith in humanity that inspired me to

present the idea of a music festival to celebrate life and unity."

Despite Simpson's good intentions and admirable inspiration, there have been some learning curves to overcome.

"The biggest hurdle has been trying to promote this idea as an event. We needed to distinguish it and not as a religious entity," she says.

They simply want to convey a message that "it is possible to live in a world

that works for everyone."

This Sunday's event features Canadian Idol finalist Martin Kerr and Folk Festival alumni Karla Anderson, Brian McLeod, and Jenie Thai along with five U22 artists.

Event proceeds will be donated to a global peace initiative. Advance tickets are \$25 or \$30 on site and available from [peaceinthepark.weebly.com](http://peaceinthepark.weebly.com).

Children 12 and under are free. For more information, check out the website.

### News in brief



A 36-year-old man has been charged after he allegedly broke into Celine Dion's home near Montreal, raided the fridge and even took the time to pour himself a bath. He was nabbed by Laval police on Monday afternoon after the alarm system went off.

THE CANADIAN PRESS

# The little horror movie that could



CHRIS ALEXANDER  
SCENE@METRONEWS.CA

How a kid from Oakville, Ont., ended up in the Louisiana swamps filming a gloriously trashy monster movie is a story in itself, but such is the legacy of Canadian actor — and sometimes writer and director — Dillon Casey.

Casey, already a veteran TV performer from such glossy shows as *Being Erica* and *The Vampire Diaries*, stars as one of the slew of youthful anti-heroes who come face to face with a lethal reptilian monster in *Creature*, a nifty new low budget shocker co-starring

genre icon Sid Haig, opening across North America this Friday.

"The first thing I noticed when I read the script was the name (of producer) Sid Sheinberg," says Casey, back in Toronto for his recurring role in the CTV hit series *Nikita*.

"I mean, he's a legend ... he was the head of Universal pictures. He was behind *Jaws*."

Sheinberg's name no doubt pushed writer/director Fred Andrew's little horror movie that could into the higher profile release it's getting this week, but outside of the pedigree, *Creature* is an eccentric, in-



► The monster from *Creature* is pictured.

teresting, unpretentious and often eerie thriller.

"(Creature) looks like a generic horror film on the surface," notes the actor.

"But there are many

twists and turns and unexpected elements that elevate it."

Casey was bit by the acting bug when studying at the University of Toronto

and found he had the chops — and the looks — to make a living pretending to be other people. But originally, his role in *Creature* called for a very different face.

"My character was fat, nerdy and I really didn't think I had a chance of getting it," he says.

"But then I got the call that I did. I was surprised. Later on the set, Fred said that the reason I got the roll was that I nailed it on the call back. I kept quiet at first but I eventually told Fred that I didn't actually get brought in for a call back. So really ... he probably cast the wrong guy for the role by mistake!"



Scan this code or visit [metronews.ca/scene](http://metronews.ca/scene) to find out who won big at last night's Gemini Awards

# The Oscar goes to... Eddie

► 84th Academy Awards to be hosted by Eddie Murphy ► A recipe for success or disaster?

Eddie Murphy has been tapped to host the 84th Annual Academy Awards, to be broadcast next year, according to the Academy of Motion Picture Arts and Sciences.

"Eddie is a comedic genius, one of the greatest and most influential live performers ever," said film director Brett Ratner, who's producing the show and helmed Murphy's latest, *Tower Heist*.

"With his love of movies, history of crafting unforgettable characters and his iconic performances — especially onstage — I know he will bring an excitement, spontaneity and tremendous heart to the show *Don and I* want to produce in February."

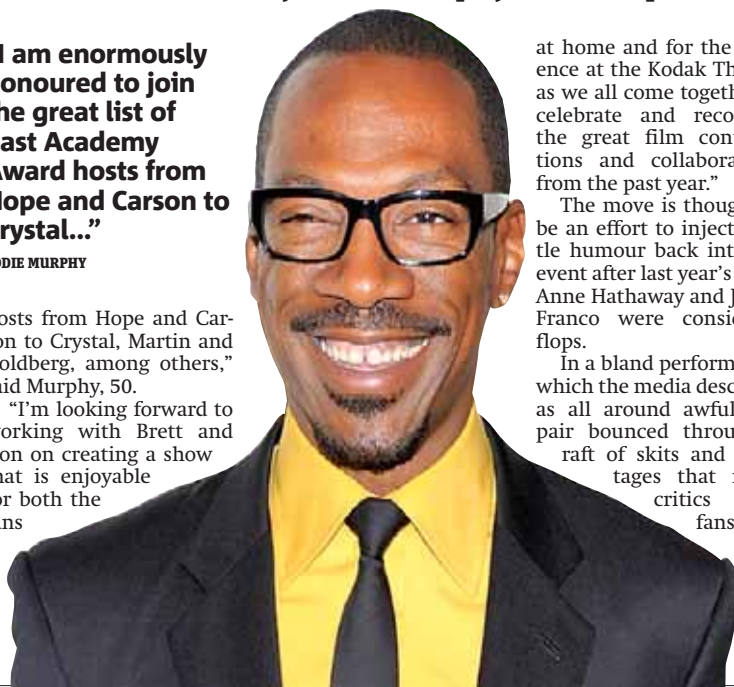
"I am enormously honoured to join the great list of past Academy Award

**"I am enormously honoured to join the great list of past Academy Award hosts from Hope and Carson to Crystal..."**

EDDIE MURPHY

hosts from Hope and Carson to Crystal, Martin and Don on creating a show that is enjoyable for both the fans

"I'm looking forward to working with Brett and Don on creating a show that is enjoyable for both the fans



at home and for the audience at the Kodak Theatre as we all come together to celebrate and recognize the great film contributions and collaborations from the past year."

The move is thought to be an effort to inject a little humour back into the event after last year's hosts Anne Hathaway and James Franco were considered flops.

In a bland performance, which the media described as all around awful, the pair bounced through a raft of skits and montages that many critics and fans

found more long than laughable.

Chosen to attract a younger audience, Hathaway and Franco lacked what some described as onscreen chemistry.

With a similarly lacklustre showing from Steve Martin and Alec Baldwin in 2010, organizers are banking on Murphy to restore the golden age of Oscar nights, when big-draws such as Whoopi Goldberg and Billy Crystal effortlessly brought the house down among even the most demanding of crowds.

Murphy was nominated for a Best Supporting Actor Oscar for *Dreamgirls* in 2006.

He was said to have walked out of the show after losing to *Little Miss Sunshine* star Alan Arkin.

● METRO

## Yes, but

Eddie Murphy to host Oscars. Good choice?

- YES Murphy is cool and confident live. If you have never seen his stand-up special *Delirious* or his skits on *Saturday Night Live*, go to YouTube immediately.
- BUT You can't f-ing swear on live TV.
- YES He's a part of movie history. *Beverly Hills Cop*, *48 Hours*, *The Nutty Professor* and *Shrek* are all classics.
- BUT Vampire in Brooklyn, *Metro*, *Doctor Dolittle*, *Holy Man*, *Life*, *Doctor Dolittle 2*, *Showtime*, *The Adventures of Pluto Nash*, *I Spy*, *Daddy Day Care*, *The Haunted Mansion*, *Norbit*, *Meet Dave*, *Imagine That*.
- YES Murphy was nominated for a Best Supporting Actor Oscar in 2006, for *Dreamgirls*.
- BUT He walked out of the show after Alan Arkin won for *Little Miss Sunshine*. Maybe he just wanted some ice cream?



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# DiCaprio turns up the charm

- Leo gifts Blake Lively's dad at birthday party
- Rumoured couple are 'smitten' with each other

While Leonardo DiCaprio may have been filming in Australia during rumoured girlfriend Blake Lively's birthday — she celebrated with pals in New York — he was at least on hand last month

for her father's big day in Los Angeles, where he reportedly gifted the senior Lively with an elaborate colouring book, according to *Us Weekly*.

"Blake's father loved it," a source says, adding that

the alleged couple are getting pretty cosy. "(They) are so smitten it's crazy. I bet they get engaged in the next six months," the source says.

● METRO



► Leonardo DiCaprio gave Blake Lively's father an elaborate colouring book for his birthday.

## Madge isn't gaga for pop rival

Lady Gaga has made it clear that she's possibly Madonna's biggest fan, but the same apparently can't be said for Madonna's feelings about Lady Gaga.

"As for Lady Gaga, I have no comment to make about her obsessions having to do with me because I don't know whether her behaviour is rooted in something deep and meaningful or superficial," Madonna tells *French newspaper Le Soir*. ● METRO



## Celebrity tweets



"I don't know if I can do this show tomorrow I have eaten too much queso"



@katyperry



@JimCarrey

"ACCEPT the fact that people who correct spelling on twitter are a pain in the ass!"



@TheMandyMoore

"Trying to find a home for an adorable orange kitten found on the street. If you live in LA area"



@SethMacFarlane

"America should have the President it really wants...The problem is, in our heart of hearts, that's Snooki"

## Polley is preggers

Canadian actor-filmmaker Sarah Polley is pregnant.

A publicist for Polley's new film *Take This Waltz*, which debuts at the Toronto International Festival this weekend, says Polley is 3 1/2 months along but hasn't revealed the baby's sex yet.

She's expecting a child with David Sandomierski, whom she married two weeks ago north of Toronto.

A graduate of law school, Sandomierski has clerked with Supreme Court chief justice Beverley McLachlin and is now doing his PhD in law.

Polley directed and

penned the screenplay for *Take This Waltz*, which stars Michelle Williams as Margot, a writer who is married to a cook (Seth Rogen) but attracted to her neighbour (Luke Kirby).

Sarah Silverman co-stars as Margot's sister-in-law.

The film was largely shot in Toronto, where Polley was born.

*Take This Waltz* is Polley's first full-length directorial effort since 2006's *Away From Her*, for which she won a Genie Award for best direction and got an Oscar nomination for best adapted screenplay.

THE CANADIAN PRESS



► Sarah Polley

## Hannigan puts pregnancy rumours to rest

Alyson Hannigan took to Twitter to clear up pregnancy rumours after a photo of her where she appeared to be sporting a baby bump popped up online.

"No, I'm not pregnant! I just ate too much carnival food, that time of the

month, hurt my back and couldn't suck my gut in — and need to do cardio," the *How I Met Your Mother* star posted in response.

"And I'm never going to wear that shirt again. I do look pregnant in that photo!"

● METRO



► Justin Timberlake and Jessica Biel were reportedly hitting it off again at a friend's wedding in Colorado.

## Jessica, Justin back on again?

Justin Timberlake and Jessica Biel are fueling speculation that they're back on again.

The pair hit up a friend's wedding in Colorado over the weekend, and the possibly reunited couple definitely seemed to be enjoying each other's company, according to a report in *People* magazine.

**"There was plenty of PDA and they seemed happy."**

SOURCE ON SEEING JESSICA BIEL AND JUSTIN TIMBERLAKE ACTING LIKE A COUPLE

"There was plenty of PDA, and they seemed happy," a source told the magazine.

● METRO

## Master tailor: Antonio Azzuolo

The CFDA men's wear nominee cut his teeth designing for brands such as Hermès and Kenzo before landing the design director role at Ralph Lauren's Purple and Black Label. But the Montreal native's experience began much earlier — his dad was a master tailor. Now Azzuolo creates glamorous, luxe essentials for his own line, a.a.



## Ladies man: Guillaume Henry

When Henry took over French label Carven, his collection was so spot on that you would have thought he took his hip, arty girlfriends out for a round of drinks and then took their wardrobe complaints and wish lists to the atelier. His clothes are sweet and yet a little bit dark, chic and still slightly punky. It's no wonder girls like Alexa Chung can't get enough.



# 5

## young names to know in fashion this month



TINA  
CHADHA  
@METRO.LU  
METRO WORLD NEWS

## Indie darling: Suzanne Rae

Suzanne Pelaez, a Parsons grad, started out by working in New York's art gallery circuit. And you can see the influence in her flair for print and pattern. Her slightly experimental ready-to-wear pieces would look at home in any curator's closet (or that of any girl with a confident sense of personal style, really). Pelaez worked brief stints at Costume National and Morgane le Fay before quickly striking out on her own. Smart choice.



We're writing about her, after all.



## The romantics: Creatures of the Wind

Chicago-based designers Shane Gabier and Christopher Peters wooed editors and buyers alike at New York Fashion Week last season for being very, well, un-New York. Their romantic and quirky collection inspired by Nantucket and the sailors' widows featured Victorian silhouettes, lace and bright colours. It also landed them on the cover of WWD and a CFDA nomination this year. Well played, guys. Well played.



## Futuristic femme: Sally LaPointe

Dubbed as a one-to-watch by Elle and New York magazine, this Massachusetts native's signature style is a mix of both futuristic (think: big, bold shoulders) and feminine silhouettes (sexy, drapery dresses). Add some in-your-face colours, prints and fabrics and you have what might be the perfect wardrobe for show stoppers such as Beyoncé and Lady Gaga — the latter is already a loyal LaPointe customer.



# 3

life

## Kanye style

Where are  
you Yeezy?



The rumours about Kanye West's alleged stint as a designer changes by the day. He's making shoes! No. Clothes! He's making them with designer Louise Goldin! No. Design professor Louise Wilson (she denied it!) So?? **METRO**



Harper's Bazaar editor-in-chief Glenda Bailey picks mag's Greatest Hits for new book



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# Making a grand entrance

► A Metro reader gets advice about decorating a long, narrow hallway



## DESIGN CENTRE

KARL LOHNES  
HOME@METRONEWS.CA

**Q.** I've moved into a new condo that has a very long and narrow entrance. There is a plain coat closet door, three ceiling lights and dark wood floors. I like warm colours and have a contemporary style. Any suggestions?

**K. MacDonald, Toronto**

### WALLS

Paint the shorter (left-side) wall a punchy accent colour. Wrap this colour around the corner on the return wall and introduce it into the main living space. Paint the plain door and its frame the same punchy colour to blend it away. The long wall (on right) and its return should be a warm neutral colour that continues into the entire space.

► Benjamin Moore's  
Fiery Opal

► Benjamin Moore  
lighthouse

### FURNITURE

Since the hallway is so narrow, I suggest a small pedestal table or chair in the corner and a slim table in front of the middle wall-hung mirror. Make sure the table is less than 12-inches deep in order to create good flow. The Echelon console (\$599) from Crate and Barrel has a hand-made, artisan look.



► Echelon Console



► Hudson Valley  
Middlebury

### LIGHTING

Invest in three matching pendant lights; they will add more light to the hallway space and have more presence than the small ceiling lights. Semi-flushmount fixtures drop slightly into the space and help stop the eye every so often. This tricks the eye that the hallway is divided into sections and therefore shorter. The Middlebury pendant from Hudson Valley Lighting (\$900) gives the illusion of a modern art deco light fixture that would have welcomed guests in a hotel lobby for years.



► Home Depot's Beverly  
Leaner mirror

### MIRRORS

Hang three floor standing mirrors on the long wall; spaced about 16 inches apart with the middle mirror being opposite to the closet door.

This will help visually widen the hallway, especially in the middle where it feels narrowest and tight.

I like the Beverly Leaner Mirror (\$110) from Home Depot; its mirror-on-mirror frame helps to reflect many angles in the hallway.

Hang the mirrors rather than leaning on the floor. Raising the mirrors higher will make the hallway feel lofty in height and not crowd the floor space.

### ART WORKS

Place one punchy piece of art at the end of the hallway to create a destination point for the eye. The Glyph print from West Elm (\$135) is colourful and plays up on the paint and carpet colours suggested.



► West Elm Glyph

► The very dark wood floors are chic but shows the perimeter of the long, narrow entrance, making the hallway look like a bowling alley.

CONTRIBUTED

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# Get rid of grime and save a dime

► Refacing instead of replacing your cabinets saves money when remodelling your kitchen

The kitchen in Abe Abuchowski's Califon, N.J., home needed updating, but he didn't want the expense of replacing the cabinets. So he chose a less costly option.

"The old cabinets were in really good shape," he said. "They were high-quality cabinets, solid wood. It was the doors that really needed to be replaced."

Replacing the doors and covering the cabinets' remaining exposed parts with a matching veneer can be done for about half the cost of buying new, said Kit Selzer, senior remodelling and projects ed-

**"Just a few years ago people were buying houses with rundown kitchens knowing they were going to replace them. Now there's a little more conservative attitude about it. People look for a kitchen and a house that has move-in qualities."**

**KIT SELZER, SENIOR REMODELLING AND PROJECTS EDITOR AT BETTER HOMES AND GARDENS**



► Abe Abuchowski's kitchen in Califon, N.J., before the cabinets were refaced.

itor at Better Homes and Gardens. The process is called refacing.

Abuchowski said there's another advantage to refacing. "There's a minimum amount of disruption," he said.

"It's a simpler and quicker installation," agreed Brett Bacho, president of Kitchen Magic, the company that did Abuchowski's kitchen.

Bacho said that refacing cabinets typically can be completed in three to five days.

For refacing to be a viable option, however, the cabinets must be in good shape.

"If we had bad cabinets, just putting the new fronts on them wasn't actually where we wanted to go,"

said Claudia Phelps, who had the cabinets in her Washington, D.C., home refaced about 10 years ago. She said her cabinets were "very well built" and worth saving.

Refacing also might not be a good choice if you want to do major changes to your kitchen's layout.

"You do nothing to improve the function or the convenience of the kitchen," said David Alderman, owner of Dave's Cabinets in Chesapeake, Va. Nor, he noted, does refacing increase storage.

It is possible, however, to add cabinets that match the refaced ones. Both Abuchowski and Phelps did that.

Many people also choose to replace their



► What a difference a little refacing makes.

countertops at the same time the cabinets are refaced. That, obviously, adds to the cost.

Cabinet companies say it's impossible to estimate the cost of refacing cabinets without seeing the kitchen and talking to the homeowner about the job.

"We've refaced kitchens for as little as \$4,000 to \$5,000, and for as much as \$80,000," Bacho said.

Doors can be made of a variety of woods, for example, such as cherry, oak

or maple, or of an engineered material like laminate, including some that look like wood.

Abuchowski chose a laminate. "It's very easily cleaned and it will stay looking newer longer," he said.

In refacing, the cabinet doors are removed, and the sides and exterior face of the cabinet are prepared for the veneer covering.

After that covering is measured and applied, the

new doors — made to fit the existing cabinets — are installed.

Some companies replace the full drawers, others just the front. But the inside of the cabinet usually is not changed during the refacing process. "You could definitely paint the inside to go along with the outside," Selzer said. She advises going with a professional unless you're a very skilled do-it-yourselfer.

**THE ASSOCIATED PRESS**

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# Renos that you never thought possible. Really.

► Remodelling your home doesn't have to be a pipe dream ► Try these innovative solutions, smart shopping options and tricks of the trade

## DIY IDEAS

When remodelling or renovating in your home, it can be easy to lose track of your budget or get carried away in making many changes.

Use these simple tips from DIY Network's Money Hunters, hosted by Matt Blashaw and Deanne Bell, to ensure your reno costs don't get out of control.

These hosts work with homeowners to deliver the best renovations money can buy.

Using innovative solutions, smart shopping options and tricks of the trade, makeovers are completed that homeowners never thought possible.

**Repurpose your kitchen cabinets and countertops.** Use existing cabinets but upgrade them by adding new doors, a fresh coat of

paint or even new hardware.

A new backsplash can make countertops look stylish and coordinated — try using beadboard rather than pricey ceramic.

### Get and check references.

If you are doing a large renovation, hiring a reputable contractor is crucial.

Get recommendations and check out his or her past work.

Ensure they are licensed,



► A handyman with a plan: Licensed contractor Matt Blashaw co-hosts DIY Network's Money Hunters.

bonded and insured.

This may cost you more at the start-up, but will save you money in the long-run.

**Donate your old materials** like cabinets, mirrors, countertops or flooring to avoid disposal fees and in some cases even get a tax break.

Similarly, you can shop at used stores to find great deals on new-to-you items.

**Look for floor models of**

**appliances.** All you will be missing is the box.

Some retailers may even be willing to extend the warranty in order to unload the item from the store.

The best time to do this is early fall just as the new models are arriving.

**Go directly to wholesalers.** Cutting out a middle-man will always save you money, and some wholesalers even offer free design serv-

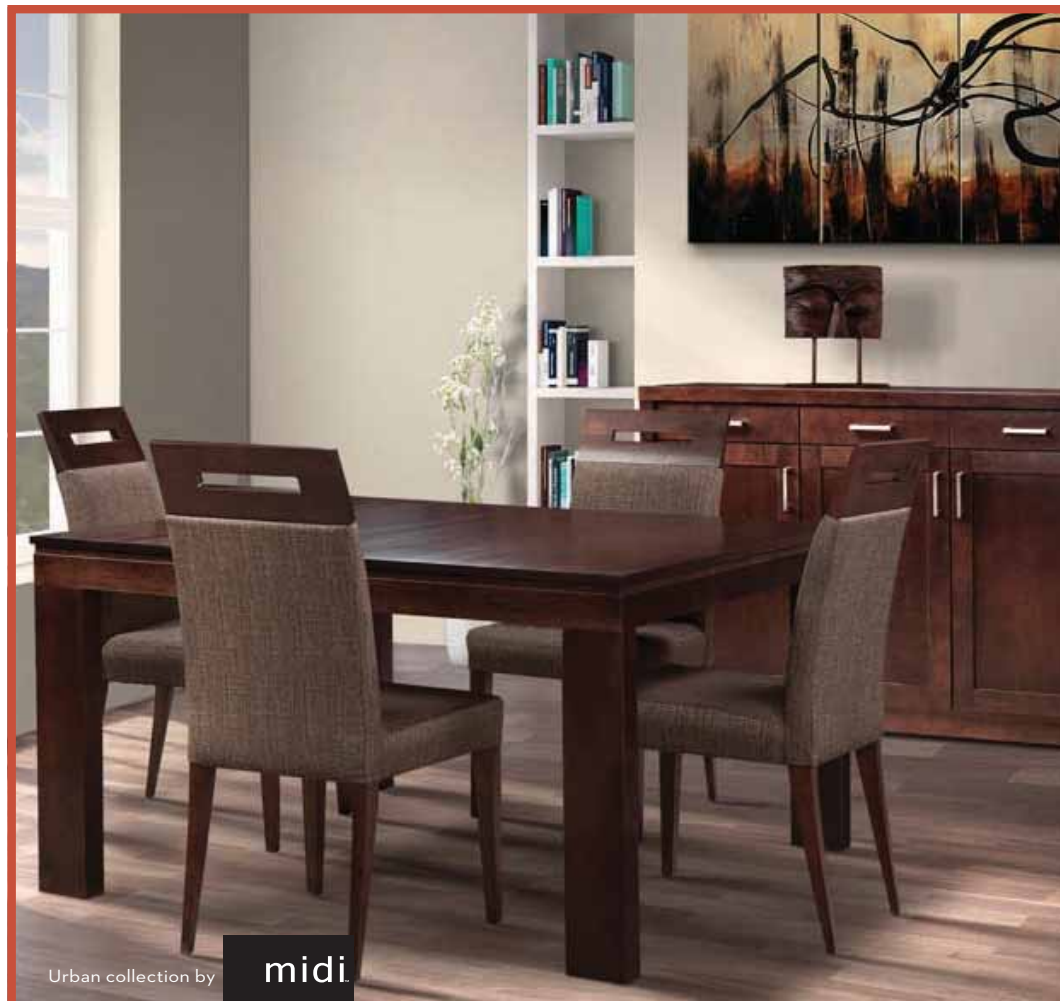
ices.

### Invest in permanence.

The money you spend on architecture and design is going to last a long time.

Keep in mind that you can always upgrade to finer appliances, furniture or accent pieces, so be sure to invest most of your time and money in the permanent choices for your home.

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# CLEAN DISHES GET THEIR START IN A CLEAN DISHWASHER

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### Do I really have to clean my dishwasher? Perplexed

Dear Perplexed, Believe it or not, you actually do need to clean your dishwasher, and ideally this should be done monthly. But the good news is that it is simple.

1. Remove all dishes from the dishwasher including any debris you may find



► You wouldn't wash dishes in a dirty sink, would you?

in the bottom.

Pour the white vinegar into the empty dishwasher. Do not use soap.

2. Turn the dishwasher on to the highest heat setting and run a full cycle.

Ideally the temperature should reach 140 degrees Fahrenheit or higher for a full seven minutes to fully kill all of the bacteria and disinfect the dishwasher.

3. Clean the door gasket, door edge and seal on a weekly basis with a damp cloth to remove food particles and other debris.

4. Check for hard water deposits and clean spray arms on deep cleans to ensure that the spray arms are unobstructed.

GOT A QUESTION? PLEASE EMAIL  
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# The bachelorette pad: Safety outweighs closet space for females

Whether it's in condos, apartments or houses, more and more women are choosing to live alone these days.

Christina Aragon, director of Strategy and Consumer Insights at Rent.com, breaks down the Mars versus Venus of the home market.

### 1. What are single ladies looking for when they rent or buy a home?

According to our data, 72 per cent of single women cited a safe neighbourhood as their must-have feature, while 13 per cent of single women told us their No. 1 requirement was enough closet and storage space.

Another eight per cent wanted a spacious kitchen above all else.

### 2. Are single ladies more likely to buy or rent? Why?

According to our survey, 36 per cent of single women rent their current homes, while 54 per cent are homeowners and another 10 per cent live with friends or family for free.

The likelihood of a single woman being a homeowner versus a renter can be most highly correlated to age; the older the woman, the more likely she is to own the home.

### 3. What's the biggest difference between what a single man is looking for in a home versus a single woman?

We found it interesting that while 42 per cent of single men wanted to have eligible bachelorettes as a neighbour, only 14 per cent of single females felt

**72%**  
of single women cited a safe neighbourhood as their must-have feature

the same way toward their male counterparts.

In terms of neighbour preferences, our survey found that single females preferred to have families with children (30 per cent) or married couples without children (25 per-cent) close by.

Furthermore, single women shared that they would even prefer to have people with pets as neighbour (24 per cent), instead of having single men next door. ● MWN

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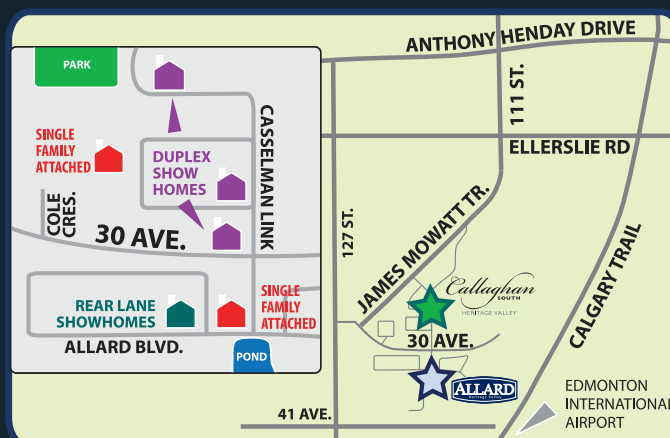
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## Grilled Italian Sandwich



### Ingredients:

- 125 g (4 oz) very thin turkey or veal scaloppine
- 10 ml (2 tsp) olive oil
- 1 ml (1/4 tsp) each dried basil and oregano leaves
- Pinch each salt and black pepper
- 1 round sourdough or Italian loaf, about 18 cm (7 inches) across
- 30 ml (2 tbsp) black olive paste (tapenade)
- 1 red pepper, cored and cut into 4 wide strips
- 1 tomato, thinly sliced
- Half a 130-g pkg goat cheese, crumbled
- 1 pear, thinly sliced
- 250 ml (1 cup) lettuce

### Preparation:

- If turkey isn't thin, pound to make thin. In bowl, stir oil, basil, oregano, salt and pepper; brush over both sides of turkey and inside pepper pieces. Place on greased grill over medium-high heat; grill until turkey no longer pink inside and pepper begins to soften, 4 to 5 minutes. Remove from heat.
- Slice loaf in half to form top and bottom. Using fingers, hollow

out bread. Spread olive paste over inside of both halves. Place pepper on bottom half. Layer with turkey, tomato, goat cheese, pear and then lettuce. Finish with top of bread. Using serrated knife, cut into 4 to 6 wedges. **THE CANADIAN PRESS/ FOODLAND ONTARIO**

# Take a tour of Italy

## Sandwiches, salads and pastas take on distinctly Italian flavours

Back-to-school time is made for recipes as short, simple, speedy and satisfying as this Whole Egg Pasta Carbonara.

Requiring no more than just seven ingredients, this delicious take on pasta carbonara will have you in and out of the kitchen in under 20 minutes.

### Whole Egg Pasta Carbonara

#### Preparation:

- Bring a large saucepan of salted water to a boil. Add pasta and cook according to package directions. Reserve 50 ml (1/4 cup) of the cooking water, then drain pasta.
- Leave pasta in colander to drain. Return saucepan to heat. Add pancetta and cook until just crisp, about 5 minutes. Add pasta, then



► This recipe serves four.

toss well. Cover and set aside.

- In a large skillet over low heat, melt butter. Keeping them separate, crack eggs into skillet and cook sunny side up

until whites are set and yolks are still runny, about 5 minutes. Remove skillet from heat. Season eggs with salt and pepper.

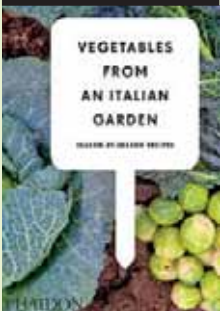
### Ingredients:

- 1 pkg (340 g/12 oz) fresh linguine
- 250 g (8 oz) finely chopped pancetta
- 30 ml (2 tbsp) butter
- 4 eggs
- Salt and ground black pepper
- 375 ml (1 1/2 cups) grated Parmesan cheese, divided

- Add 250 ml (1 cup) of the cheese to pasta and toss to melt. While tossing, drizzle in just enough of the reserved cooking water to help cheese coat pasta. Arrange pasta on 4 serving plates, then top each mound with an egg. Sprinkle each serving with a bit more cheese. If desired, use a fork to break each yolk just before serving.

THE ASSOCIATED PRESS

## Weekly Cookbook



Vegetables from an Italian Garden (Phaidon Press, 2011) features 400 newly collected recipes by the editors behind the classic Italian cooking bible The Silver Spoon.

Showcasing more than 40 kinds of vegetables, the book is organized by season in four colour-coded sections. Each season includes approximately 100 recipes that are further organized by main vegetable ingredient.

Two-thirds of the recipes are vegetarian, and the remaining third feature beef, chicken, pork or fish as co-stars.

## Tuscan Bread and Tomato Salad

The basic building block for a great salad? Greens, of course.

But for James Peterson, what that means varies greatly by season.

"I usually start out with a standard combination of greens, one for winter, one for summer," said Peterson, whose cookbooks have won numerous James Beard awards. "In the winter, I use a combination of bitter greens, including frisée, treviso or radicchio di Cremona, and endive, and a spicy mixture of

equal parts basil leaves and rúcula (baby radicchio) in the summer."

From there, it's a matter of taste and inspiration.

"I then build on these mixtures, adding savoury ingredients, eggs, tomatoes, avocados, green beans, anchovies or whatever suits my fancy," Peterson said.

Here, Peterson offers his version on the classic Italian bread and tomato salad from his just released cookbook, Kitchen Simple.

#### Preparation:

- In skillet over medium heat, toss bread cubes

with 45 ml (3 tbsp) of the oil. Sauté until cubes brown slightly, about 10 minutes. Set aside.

- Cut tomatoes in half crosswise and gently squeeze out seeds. Chop tomatoes into 1-cm (1/2-inch) chunks and put in a large bowl. Add bread cubes, remaining 45 ml (3 tbsp) oil, bell pepper, basil, anchovies, olives and vinegar. Toss to combine. Season with salt and pepper, then serve right away.

THE ASSOCIATED PRESS/  
KITCHEN SIMPLE BY JAMES  
PETERSON

MATTHEW MEAD/ THE ASSOCIATED PRESS



Start to finish:  
20 mins  
Serves:  
4

### Ingredients:

- 3 slices (each 1 cm/1/2 inch thick) crusty bread, cut into 1-cm (1/2-inch) cubes
- 90 ml (6 tbsp) olive oil
- 4 medium tomatoes
- 1 medium red or green bell pepper, roasted, peeled,
- 20 fresh basil leaves
- 12 anchovy fillets in olive oil, drained
- 75 ml (5 tbsp) pitted and chopped black olives
- 30 ml (2 tbsp) sherry vinegar
- Salt and black pepper

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THURSDAY, SEPTEMBER 8, 2011

# BACK TO SCHOOL



## Establish good homework habits

► Independent work and learning are important assets ► It's a form of self-organization and self-discipline



**ASTRID  
VAN DEN BROEK**  
FOR METRO

This year, you will do it right. This year, they will do their homework without question. Or begging. Or threatening.

But how exactly can we encourage our kids to tackle their homework and set good homework habits?

First, realize why homework is part of your child's life. It's not always about just keeping up on

the topics of study at school.

"Independent work and learning are important assets for people to develop, whether it's in academic institutions or workplaces. It's a form of self-organization and self-discipline and it's something that requires development," says Alyson Schafer, a Toronto-based psychotherapist and author of *Ain't Misbehavin'*.

"So, if we can help them develop better homework

habits, they're going to be ultimately more desirable in the workplace."

To help start this year's homework habits off right, begin by showing enthusiasm for their school work and developing a positive attitude about education.

"Sometimes, as parents we have to put our own baggage about school away because you want your child to have a positive relationship with school," says Pat Stellick, the Mis-

sisauga-based co-ordinating elementary school principal for the Peel District School Board.

Start by asking about their day — what was exciting for you? What was the high point of your day? "That extends learning," says Stellick. "Homework also makes that connection between home and school and it helps parents understand what's going on in class during the day."

Schafer shares her tips

on positively encouraging your child to do school-work.

**1 Be in touch with the school.** Through parent-teacher nights and any other opportunities that arise. That way you can keep on top of what's going on in your child's classroom.

**2 Coach instead of dictate.** "Different kids have different learning styles and they have different ways of being success-

ful with their workload," says Schafer. Help them find out how they learn best — when are they successful? What do they need to stay organized?

**3 Empower them.** Help your child figure out solutions on when is best for them to do their homework. (Right after school or after supper for example?) "Keep the responsibility of finding the solution with your child," says Schafer.

## Teach children with litterless lunches

Ditching paper bags, juice boxes, plastic cutlery, paper napkins and other non-recyclable items from school lunch boxes is becoming the next trend for parents to digest as another school year approaches.

These suggestions appear in a new cookbook, *Good Food To Go: Healthy Lunches Your Kids Will Love*, by Brenda Bradshaw and Dr. Cheryl Mutch (Random House Canada, \$23.95, paperback).

"A child packing an old-fashioned brown bag lunch with a juice box or tin can make an estimated 67 pounds (30 kilograms) of waste over a year," says Bradshaw, an elementary school teacher who collaborated on the book with Mutch, a consultant pediatrician. Both live in Vancouver and have two children each.

"What we are trying to do is encourage parents and their children to create

litterless lunches," says Bradshaw. "It is a good way to teach your children about environmental stewardship and how their choices can impact the environment."

Instead of buying plastic containers, the authors suggest choosing those that are bisphenol A (BPA) free. Lids should be leak-proof, but accessible so children can open them with ease.

Purchase a wide-mouth,

stainless-steel bottle and Thermos, cloth napkins and metal cutlery, they say.

The book also addresses such issues as choosing and packing healthy nutritious lunches that will be eaten.

"First of all, we know children are more likely to eat lunches that they have helped to prepare," says Bradshaw. "Talk to them about what foods they like to try and incorporate their preferences in the lunch box." **THE CANADIAN PRESS**



► Litterless lunches can help teach children learn about how choices can impact the environment.

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# Ease into the new academic year schedule

Your summer was packed with late night soccer games and cottage week-ends. But then, come the start of September, your family is up at 7 a.m. every day in order to (just barely) make it to school on time.

How can you get used to this schedule again?

"Parents have to adjust

their expectations because it takes pretty much up until the Christmas break to settle into the school year from a behavioural point of view," says Alyson Schafer, a Toronto-based psychotherapist and author of *Ain't Misbehavin'*.

To ease into the "academic new year," start by

cooling yourself off first.

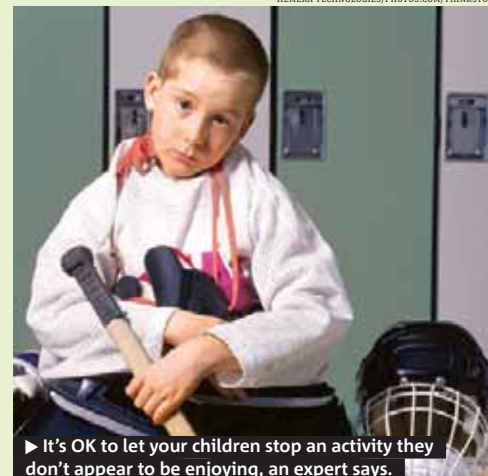
"After a summer of high entertainment and leisurely schedules, kids are now back in this environment with suddenly stressed parents who are trying to do it all," says Schafer. "Kids think: Mom and dad were so happy and jovial and now they're yelling at me

to get out because we're going to be late."

That mood change can trickle down to the kids and trigger misbehaviours such as dawdling and sleep disturbances. And for your children, depending on their age, pitch in to help ease anxiety.

● **ASTRID VAN DEN BROEK**

HEMERA TECHNOLOGIES/PHOTOS.COM/THINKSTOCK



► It's OK to let your children stop an activity they don't appear to be enjoying, an expert says.

## Sometimes it's best to let kids make the choice

You signed up your elementary school-aged daughter to play hockey at the local rink, paid the registration fee for the season and bought her equipment. Then, after three practices, she announces she hates hockey and wants to quit. Should you let her?

Yes, says Calgary-based parenting expert Judy Arnall.

"I wouldn't force a child to continue if he or she really doesn't want to, because there are other ways to teach discipline, such as through chores and volunteering," she says. "For younger kids in particular, I think going to a new activity three times is giving it a fair chance."

If your son says he no longer wants to play trumpet in the school band, it's important to ask him why not. "Maybe there's a mean kid in the band who's making him unhappy," says Arnall. "It might not have anything to do with him not liking the trumpet."

If that's the case, parents can help their child find a better solution to the situation than quitting.

If the child has truly lost interest in the activity, it's best to let him or her drop it. Parents should keep in mind that nagging a child to

### When it's OK to stop

According to American child psychologist David Elkind, the author of *The Hurried Child*, children ages nine and younger typically don't have a clear sense yet of what kinds of activities they will like and stick with. He believes it's fine for them to give up the activity if they don't appear to be enjoying it. ● **JANE DOUCET**

practise piano scales or pack their hockey bag before practice isn't the same as reminding them.

"If you find yourself having to nag, then your interest in your child's activity has become greater than theirs, and it's time to consider letting them quit," says Arnall.

The good news is that just because kids quit a few activities during their school years it doesn't mean they will end up quitting all of their jobs. Plus, people sometimes take up activities they dropped as youngsters when they become adults. "You can learn anything at any age," says Arnall.

● **JANE DOUCET**



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# A long road back to the big leagues

► After injuries forced him to give up his pitching career, Canadian Loewen returns to majors, starts in right for Blue Jays against Red Sox



► Adam Loewen comes to bat in the third inning against Boston last night.

Adam Loewen of Surrey, B.C., says he has always enjoyed hitting more than pitching.

After two stress fractures in his left elbow forced him to abandon his major-league career as a pitcher with the Baltimore Orioles, he returned to the majors last night as a right-fielder with the Toronto Blue Jays.

"It's a rare feat," Blue Jays manager John Farrell said.

Regular right-fielder Jose Bautista was listed in the lineup as the Jays designated hitter against the Boston Red Sox at Rogers Centre.

Loewen joined the Blue

Jays as a September call-up after he finished the season with triple-A Las Vegas batting .306 with 17 homers and 86 runs batted in.

The 27-year-old Loewen, who bats and throws left, said his return to the majors is different than the first time when he got the call from the Orioles in 2006. They had made him their first-round pick in the 2003 draft.

"The first time there was a lot more excitement but this is just a dream come true to be playing for the Blue Jays as a hitter," Loewen said. "Now I'm actually doing what I want to do. It's very satisfactory and I feel very blessed to be

playing at all."

He was 8-8 with a 5.38 earned-run average in 35 major-league games, 29 as a starter.

"We thought it was chance to get him in the lineup right away," Farrell said before last night's game. "And we had talked about giving Jose a day at DH just to get him off his feet."

It's not that Loewen didn't also enjoy pitching, it's just that pitchers don't hit as much as players at other positions. "The real dream would be to do both but they don't let you do that," he said.

"I was never sure," Loewen said before last

night's game. "I knew I had a chance. I was a good player in high school. But I always loved to hit more than I liked to pitch."

He gave up pitching after the 2008 season and signed with the Blue Jays on Oct. 24, 2008.

"It wasn't that I guaranteed myself to get back here," he said. "I knew I was going to enjoy doing it. A lot of people believed in me. I had a lot of help along the way to make this possible and the best part about it is it's not over yet."

"It's not success yet, just getting here, because that was never my intention. I wanted to go as far as I could." THE CANADIAN PRESS



► Crosby

## 'Best I've felt for a long time': Crosby

Sidney Crosby will make a full recovery from a brain injury and will play again in the NHL. He is certain of it, and so are the concussion specialists who are treating him.

The question is when. Right now, neither the medical experts nor the Pittsburgh Penguins can make an accurate guess when the NHL's signature star will play again.

Despite the rapid, measurable progress Crosby has made since being bothered again by post-concussion symptoms while doing arduous conditioning work last month, there is no accurate estimate when he will play again for the Penguins.

Next month? Next year? Who knows?

"I have no earthly idea," said Michael (Micky) Collins, who heads the University of Pittsburgh Medical Center's concussion testing unit.

Crosby, speaking publicly yesterday for the first time since late April, said only that he was sure he would play during the 2011-12 season, which begins next month and runs through the Stanley Cup final in June.

"This is the best I've felt for a long time," Crosby said at a news conference that attracted a large number of reporters from the United States and Canada. "The last three weeks have been really good. I feel myself getting better and better."

The Penguins, relieved that Crosby apparently will make a full recovery from the type of head injury that has ended careers, cautioned he won't be back on the ice until he is fully recovered from a severe concussion that occurred following hard hits in successive games Jan. 1 and 5.

THE CANADIAN PRESS

# 4 sports

### Quoted



**"What a great win. When he hit it, I said, 'It's that kind of year.'"**

DETROIT PITCHER JUSTIN VERLANDER. VERLANDER WON HIS 10TH STRAIGHT START AND EARNED HIS 22ND VICTORY OVERALL AFTER VICTOR MARTINEZ HIT A LATE GRAND SLAM THAT SENT THE TIGERS OVER THE CLEVELAND INDIANS 8-6 LAST NIGHT.

## NBA owners, players at the table

NBA owners and players met for about 5½ hours yesterday, plan to resume negotiations today, and could even sit down again Friday.

While neither side would say if progress is being made, the frequency of the discussions seems a good

sign. They met only twice in the first two months of the lockout that began July 1.

But they went for about six hours last Wednesday, and decided they would go multiple days this week. Both sides said they could even carry over the discus-

sions into a third consecutive day if things go well during today's session.

"We agreed that we're going to sit here for as many days as we can to see whether we can make progress, but we agreed not to characterize anything at

all," commissioner David Stern said.

Both sides were cautious not to portray any optimism, though one player briefly did on Twitter, before saying his account had been hacked.

THE ASSOCIATED PRESS



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# Forecast calls for wet baseball fans

► With little time left to make up games delayed by rain, teams try to wait out the weather

Puddles aren't about to stop any pennant races.

With three weeks left in the regular season, Major League Baseball is feeling the pressure to play every game, despite a lot of wet weather. The result? A sports version of *The Late, Late, Late Show*.

Because just like the mail, "neither snow nor rain nor heat nor gloom of night" prevents baseball from getting to the final out.

Atlanta's game at Philadelphia began shortly before 9 p.m. ET Tuesday night after a one-hour 52-minute delay and didn't end until just past midnight.

That was an early night compared with what happened up the coast. By the time Phil Hughes threw the first pitch in Balti-

more's game at Yankee Stadium, it was 11:08 p.m. local time — 4:03 later than the scheduled start time. There were just 1,000 or so fans in the stands.

"It got really bad out there. I don't want to comment on whether we thought we should have played or not, but it just — it wasn't a good situation," Yankees first baseman Mark Teixeira said.

With more rain forecast for yesterday, a miserable fan experience wasn't much of a factor for the Yankees and Phillies. Ultimately, late-season decisions on when to start are up to MLB.

"It was a joint decision by the commissioner's office and the Yankees," New York president Randy Levine said. "The

weather report for Wednesday was very ominous. We have one off-day left, and it's off a West Coast trip, so we had to do everything in our power to get it in."

There are few slots for makeups because of a schedule that crams in 162 games into 182 days. Three off-days are taken up by the all-star break, and teams in the East and Midwest usually build off-days into April, when weather frequently is the worst.

The Yankees already have had eight postponements, most in the majors, and 12 games played with delays. Already jamming in four rescheduled games during the final month, New York has just one off-day.

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► Yankees fans endure the rain on Tuesday.

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# Polamalu mum on contract extension

Steelers star safety is in the final season of a five-year deal

Pittsburgh Steelers safety Troy Polamalu wants to remain in black and gold the remainder of his career.

How much green it will take, and how quickly he'll start to see it, is still up in the air.

Polamalu said yesterday that contract talks with the Steelers are between his agent, Marvin Demoff, and the team. The 2010 NFL defensive player of the year is in the final season of a five-year deal that will pay him about \$6.4 million US this season.

The perennial Pro Bowler has said he'd love to stay, but limited salary cap space could be an obstacle to getting a deal done before the season.

Either way, it's unlikely Polamalu would leave considering his fondness for the team, and the city, and the organization's habit of keeping homegrown stars.

The Steelers have already signed linebackers Lawrence Timmons and LaMarr Woodley to lengthy extensions and return all 11 defensive starters from a unit that led the league in points against a year ago.

Woodley said last month it's only natural that Polamalu is next in line to get a new contract, but the soft-spoken safety would rather not do his negotiating in public.

"I'll leave all contract discussions between the Steel-

ers and my agent," Polamalu said. "It's just better that way, so that things don't get misconstrued."

The 30-year-old is coming off the best season of his career, finishing with seven interceptions, 64 combined tackles and a sack. Yet he was slowed by an Achilles injury late in the season and admits he wasn't 100 per cent during the playoffs or the 31-25 loss to Green Bay in the Super Bowl.

He's paced

The Steelers rarely negotiate during the season, but would likely give Polamalu the franchise tag next year while

it works on a new deal for him. **THE ASSOCIATED PRESS**

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himself during training camp, though he showed flashes of brilliance in a pre-season win over Philadelphia three weeks ago, intercepting Michael Vick and going on a freewheeling return that included a fake pitch and an abrupt ending after Vick drilled Polamalu in the knees.



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## Metro NFL power rankings — top 10

1.) Green Bay Packers



You're the king until someone dethrones you. It's tough to repeat in the NFL, but the Packers' stability will carry them far.

6.) New York Jets



Rex Ryan guaranteed a Super Bowl win at the NFL combine. It's on Mark Sanchez to take the next step.



2.) New England Patriots  
Tom Brady and Co. are

going to score a ton of points. If Bill Belichick can unlock Albert Haynesworth's potential, the Pats could hoist their first Lombardi since 2004.



7.) Philadelphia Eagles  
Mike Vick and the

Dream Team. Does it spell championship? With a potential six new starters on defence, a new coaching staff and an untested O-line, it's going to take time to gel.

3.) Atlanta Falcons



The most talented team on paper. Now, QB Matt Ryan must prove he can win a playoff game.

8.) New Orleans Saints



Drew Brees threw 22 picks and the Saints were still great in 2010. Watch out for RBs Darren Sproles and Mark Ingram.



4.) San Diego Chargers  
Philip Rivers

looked like an MVP candidate in the pre-season. The Bolts — ranked No. 1 in offence and defence in 2010 — are legit.



9.) Houston Texans

We're picking the Texans to make the playoffs for the first time in franchise history. Their offence is straight out of Tecmo Bowl.

5.) Pittsburgh Steelers



They didn't address a secondary that got torched in the Super Bowl. Still, they return 20 of 22 starters after coming up one drive short of a title.

10.) Baltimore Ravens



With Ed Reed, Ray Lewis and Terrell Suggs leading the defence, expect 10 wins. The challenge will be on the offensive side. **MIKE GREGER METRO WORLD NEWS**

## Old faces, new places

Metro looks at four players who could make big impacts with their new teams after a frenzied, lockout-shortened off-season.



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OLD » EAGLES  
NEW » RAMS  
The Eagles usually know when to cut ties with aging players, but the 30-year-old safety can still bring it and fills a huge void left by starter Oshiomogho Atogwe.



**KEVIN KOLB**  
OLD » EAGLES  
NEW » CARDINALS  
The QB gets a second shot at starting — and, with a \$65-million price tag, we're thinking it lasts longer than one game. Throwing to Larry Fitzgerald won't hurt either.



**ALBERT HAYNESWORTH**  
OLD » REDSKINS  
NEW » PATRIOTS  
Bill Belichick is a master of getting the most out of his players (see: Randy Moss, 2007) — and this defensive end has too much talent to continue to be a bust.



**PLAXICO BURRESS**  
OLD » PRISON  
NEW » N.Y. JETS  
Not many teams wanted the former inmate when he hit the open market in June. But Rex Ryan isn't one to pass on a reclamation project. **MIKE GREGER METRO WORLD NEWS**



► Troy Polamalu catches passes before a pre-season game last week.

STREETER LECKA/GETTY IMAGES

## MAJOR LEAGUE BASEBALL

## AMERICAN LEAGUE

| EAST DIVISION    |    |    |      |     |
|------------------|----|----|------|-----|
|                  | W  | L  | Pct  | GB  |
| New York         | 87 | 54 | .617 | —   |
| Boston           | 85 | 57 | .599 | 2½  |
| Tampa Bay        | 78 | 64 | .549 | 9½  |
| Toronto          | 71 | 72 | .497 | 17  |
| Baltimore        | 56 | 85 | .397 | 31  |
| CENTRAL DIVISION |    |    |      |     |
|                  | W  | L  | Pct  | GB  |
| Detroit          | 81 | 62 | .566 | —   |
| Chicago          | 71 | 70 | .504 | 9   |
| Cleveland        | 70 | 70 | .500 | 9½  |
| Kansas City      | 60 | 84 | .417 | 21½ |
| Minnesota        | 59 | 84 | .413 | 22  |
| WEST DIVISION    |    |    |      |     |
|                  | W  | L  | Pct  | GB  |
| Texas            | 81 | 63 | .563 | —   |
| Los Angeles      | 78 | 65 | .545 | 2½  |
| Oakland          | 65 | 78 | .455 | 15½ |
| Seattle          | 59 | 83 | .415 | 21  |

## Yesterday's results

Detroit 8, Cleveland 6  
 Baltimore 5, N.Y. Yankees 4, 11 innings  
 Tampa Bay 5, Texas 4, 10 innings  
 Oakland 7, Kansas City 0  
 Toronto 11, Boston 10  
 Minnesota 5, Chicago White Sox 4  
 L.A. Angels 3, Seattle 1  
**Tuesday's results**  
 N.Y. Yankees 5, Baltimore 3  
 Detroit 10, Cleveland 1  
 Boston 14, Toronto 0  
 Texas 8, Tampa Bay 0  
 Chicago White Sox 3, Minnesota 0  
 Kansas City 7, Oakland 4  
 Seattle 2, L.A. Angels 1

## Today's games

N.Y. Yankees (Nova 15-4) at Baltimore (Simon 4-8), 1:05 p.m.  
 Boston (A.Miller 6-2) at Toronto (R.Romero 13-10), 7:07 p.m.  
 Cleveland (D.Huff 2-3) at Chicago White Sox (Floyd 12-10), 8:10 p.m.  
 Kansas City (Hochevar 10-10) at Seattle (Var-gas 7-13), 10:10 p.m.

## Tomorrow's games

Minnesota at Detroit, 7:05 p.m.  
 Baltimore at Toronto, 7:07 p.m.  
 Boston at Tampa Bay, 7:10 p.m.  
 Oakland at Texas, 8:05 p.m.  
 Cleveland at Chicago White Sox, 8:10 p.m.  
 N.Y. Yankees at L.A. Angels, 10:05 p.m.  
 Kansas City at Seattle, 10:10 p.m.

## NATIONAL LEAGUE

| EAST DIVISION    |    |    |      |     |
|------------------|----|----|------|-----|
|                  | W  | L  | Pct  | GB  |
| Philadelphia     | 91 | 48 | .655 | —   |
| Atlanta          | 82 | 60 | .577 | 10½ |
| New York         | 70 | 71 | .496 | 22  |
| Washington       | 65 | 75 | .464 | 26½ |
| Central          | 63 | 79 | .444 | 29½ |
| CENTRAL DIVISION |    |    |      |     |
|                  | W  | L  | Pct  | GB  |
| Milwaukee        | 85 | 59 | .590 | —   |
| St. Louis        | 76 | 67 | .531 | 8½  |
| Cincinnati       | 70 | 73 | .490 | 14½ |
| Pittsburgh       | 66 | 77 | .462 | 18½ |
| Chicago          | 62 | 81 | .434 | 22½ |
| Houston          | 48 | 95 | .336 | 36½ |
| WEST DIVISION    |    |    |      |     |
|                  | W  | L  | Pct  | GB  |
| Arizona          | 82 | 61 | .573 | —   |
| San Francisco    | 75 | 68 | .524 | 7   |
| Los Angeles      | 69 | 72 | .489 | 12  |
| Colorado         | 67 | 76 | .469 | 15  |
| San Diego        | 62 | 81 | .434 | 20  |

## Yesterday's results

N.Y. Mets 1, Florida 0  
 San Diego 3, San Francisco 1  
 Philadelphia 3, Atlanta 2  
 Pittsburgh 5, Houston 4  
 L.A. Dodgers at Washington, ppd., rain  
 Chicago Cubs 6, Cincinnati 3  
 St. Louis 2, Milwaukee 0  
 Arizona 5, Colorado 3  
**Tuesday's results**  
 Philadelphia 6, Atlanta 3  
 Houston 4, Pittsburgh 1  
 L.A. Dodgers 7, Washington 3  
 N.Y. Mets 7, Florida 4, 12 innings  
 Cincinnati 4, Chicago Cubs 2, 13 innings  
 St. Louis 4, Milwaukee 2  
 Colorado 8, Arizona 3  
 San Francisco 6, San Diego 4

## Today's games

L.A. Dodgers (Billingsley 10-10) at Washing-ton (Wang 2-3), 1:05 p.m., 1st game  
 Atlanta (Minor 4-2) at N.Y. Mets (Schwinden 0-0), 4:10 p.m., 1st game  
 L.A. Dodgers (Eveland 1-0) at Washington (Detwiler 2-5), 4:35 p.m., 2nd game  
 Atlanta (Teheran 0-1) at N.Y. Mets (Gee 12-5), 7:40 p.m., 2nd game  
 Philadelphia (Hamels 13-7) at Milwaukee (Narveson 10-6), 8:10 p.m.  
 San Diego (Luebeck 5-8) at Arizona (I.Kennedy 18-4), 9:40 p.m.

## Tomorrow's games

Florida at Pittsburgh, 7:05 p.m.  
 Houston at Washington, 7:05 p.m.  
 Chicago Cubs at N.Y. Mets, 7:10 p.m.  
 Philadelphia at Milwaukee, 8:10 p.m.  
 Atlanta at St. Louis, 8:15 p.m.  
 Cincinnati at Colorado, 8:40 p.m.  
 San Diego at Arizona, 9:40 p.m.  
 L.A. Dodgers at San Francisco, 10:15 p.m.

## BLUE JAYS 11, RED SOX 10

|                | ab        | r         | h         | bi        |               | ab         | r          | h         | bi        |
|----------------|-----------|-----------|-----------|-----------|---------------|------------|------------|-----------|-----------|
| Boston         | 5         | 2         | 4         | 3         | Toronto       | 4          | 1          | 1         | 0         |
| Ellsbury cf    | 5         | 1         | 1         | 0         | Yescor ss     | 3          | 3          | 0         | 1         |
| Pedroia 2b     | 5         | 1         | 1         | 0         | ETHms lf      | 3          | 3          | 0         | 1         |
| AdGnzl 1b      | 4         | 2         | 2         | 1         | Bautista dh   | 2          | 2          | 1         | 2         |
| D.Ortiz dh     | 4         | 2         | 2         | 1         | Encnc 1b      | 4          | 0          | 2         | 5         |
| Youkilis 3b    | 4         | 0         | 1         | 1         | Kjhnsn 2b     | 5          | 0          | 0         | 0         |
| Crawfrd lf     | 4         | 1         | 1         | 0         | Lawrie 3b     | 2          | 2          | 2         | 0         |
| Scutaro ss     | 4         | 1         | 2         | 3         | Loewen rf     | 3          | 1          | 1         | 0         |
| Aviles pr      | 0         | 0         | 0         | 0         | Arenci c      | 3          | 1          | 1         | 2         |
| Reddick rf     | 4         | 1         | 1         | 1         | Wdward pr     | 0          | 1          | 0         | 0         |
| Stlindh c      | 4         | 0         | 0         | 0         | JMolinc       | 0          | 0          | 0         | 0         |
| McCoy cf       | 2         | 0         | 0         | 0         |               |            |            |           |           |
| Wise ph-cf     | 2         | 0         | 0         | 0         |               |            |            |           |           |
| <b>Totals</b>  | <b>38</b> | <b>10</b> | <b>14</b> | <b>10</b> | <b>Totals</b> | <b>30</b>  | <b>11</b>  | <b>8</b>  | <b>10</b> |
| <b>Boston</b>  |           |           |           |           | <b>300</b>    | <b>410</b> | <b>002</b> | <b>10</b> |           |
| <b>Toronto</b> |           |           |           |           | <b>122</b>    | <b>000</b> | <b>15x</b> | <b>11</b> |           |

E—Scutaro (11), DP—Toronto 1, LOB—Boston 6, Toronto 6, 2B—Ellsbury (39), Ad.Gonzalez (43), C.Crawford (23), Reddick (16), Y.Escobar (23), Bautista (3), Encarnacion (34), HR—Ellsbury (25), Ad.Gonzalez (24), D.Ortiz (29), Arenclbia (21), SB—Bautista (2), Lawrie (6), CS—Ellsbury (13), Aviles (3), Bautista (4), SF—Encarnacion.

|                     | IP   | H | R | ER | BB | SO |
|---------------------|------|---|---|----|----|----|
| <b>Boston</b>       |      |   |   |    |    |    |
| Wakefield           | 5    | 3 | 5 | 4  | 3  | 3  |
| F.Morales H,6       | 1-3  | 1 | 0 | 0  | 0  | 1  |
| Wheeler H,4         | 1-3  | 2 | 1 | 1  | 0  | 1  |
| D.Bard L,2-6 BS,4-5 | 1    | 1 | 5 | 5  | 3  | 2  |
| Albers              | 1-3  | 1 | 0 | 0  | 0  | 1  |
| <b>Toronto</b>      |      |   |   |    |    |    |
| Morrow              | 41-3 | 8 | 8 | 8  | 1  | 5  |
| C.Villanueva        | 12-3 | 1 | 0 | 0  | 0  | 1  |
| Litsch              | 1    | 1 | 0 | 0  | 1  | 1  |
| Camp W,4-3          | 1    | 1 | 0 | 0  | 0  | 0  |
| F.Francisco S,13-17 | 1    | 3 | 2 | 2  | 0  | 1  |

HBP—by Wakefield (E.Thames, Bautista), by F.Morales (Loewen), by D.Bard (Lawrie), by Morrow (Ad.Gonzalez, Youkilis), W/P—Wake-field 2, PB—Saltalamacchia.

Umpires—Home, Jeff Kellogg; First, Eric Cooper; Second, Mark Carlson; Third, Tim Timmons. T—3:29, A—16,154 (49,260).

## BLUE JAYS STATISTICS

| BATTERS     | AB  | R  | H   | RBI   | AVG  |      |
|-------------|-----|----|-----|-------|------|------|
| Lawrie      | 109 | 17 | 34  | 8     | .21  |      |
| Bautista    | 451 | 96 | 137 | 40    | .304 |      |
| Escobar     | 504 | 75 | 147 | 11    | .48  |      |
| Molina      | 151 | 19 | 43  | 3     | .13  |      |
| Johnson     | 47  | 8  | 13  | 2     | .277 |      |
| Encarnacion | 431 | 66 | 118 | 15    | .44  |      |
| Thames      | 286 | 44 | 77  | 9     | .30  |      |
| Lind        | 448 | 53 | 113 | 24    | .29  |      |
| Davis       | 320 | 44 | 76  | 1     | .29  |      |
| Arencibia   | 383 | 41 | 84  | 20    | .66  |      |
| Rasmus      | 88  | 11 | 19  | 3     | .12  |      |
| McCoy       | 123 | 14 | 26  | 1     | .5   |      |
| Teahen      | 144 | 12 | 28  | 4     | .13  |      |
| Wise        | 22  | 3  | 3   | 1     | .1   |      |
| Cooper      | 33  | 3  | 4   | 1     | .5   |      |
| Woodward    | 6   | 1  | 0   | 0     | .0   |      |
| PITCHERS    | W   | L  | SV  | IP    | SO   | ERA  |
| McCoy       | 0   | 0  | 0   | 1.0   | 0    | 0.00 |
| Carreno     | 0   | 0  | 0   | 9.0   | 7    | 1.00 |
| Janssen     | 4   | 0  | 2   | 46.2  | 45   | 2.12 |
| Alvarez     | 1   | 2  | 0   | 36.2  | 25   | 2.95 |
| Romero      | 13  | 10 | 0   | 193.2 | 157  | 2.97 |
| Francisco   | 1   | 4  | 12  | 43.2  | 44   | 3.50 |
| Villanueva  | 6   | 3  | 0   | 100.0 | 64   | 4.14 |
| Litsch      | 5   | 3  | 1   | 65.2  | 57   | 4.39 |
| Camp        | 3   | 3  | 1   | 59.1  | 27   | 4.55 |
| Cecil       | 4   | 8  | 0   | 109.2 | 74   | 4.60 |
| Perez       | 3   | 3  | 0   | 62.1  | 52   | 4.76 |
| Morrow      | 9   | 10 | 0   | 148.2 | 172  | 4.78 |
| Rauch       | 5   | 4  | 11  | 52.0  | 36   | 4.85 |
| Drabek      | 4   | 5  | 0   | 72.2  | 48   | 5.70 |
| McGowan     | 0   | 0  | 0   | 4.0   | 5    | 6.75 |
| Mills       | 1   | 2  | 0   | 18.1  | 18   | 8.35 |
| Lewis       | 0   | 0  | 0   | 5.0   | 5    | 9.00 |

Not including last night's game

Not including last night's game

## TENNIS

## U.S. OPEN

## At New York

## Singles

## Men

## Fourth Round

Gilles Muller, Luxembourg, leads Rafael Nadal (2), Spain, 3-0 (0-15), susp., rain.  
 Andy Roddick (21), United States, leads David Ferrer (5), Spain, 3-1, susp., rain.  
 Donald Young, United States, leads Andy Murray (4), Britain, 2-1, susp., rain.

## GOLF

## WEEKEND GLANCE

## U.S. GOLF ASSOCIATION/ROYAL AND ANCIENT GOLF CLUB OF ST. ANDREWS

## WALKER CUP

Site: Aberdeen, Scotland.

Schedule: Saturday-Sunday.

Television: ESPN2 (Sunday, 3-5 p.m.).

Format: Team match play. Saturday, four morning alternate-shot matches and eight afternoon singles matches; Sunday, four morning alternate-shot matches and 10 afternoon singles matches.

Online: www.usga.org

## Royal and Ancient Golf Club of St. Andrews

site: www.randa.org

## LPGA TOUR

## NEW ARKANSAS CHAMPIONSHIP

Site: Rogers, Ark.

Schedule: Tomorrow-Sunday.

Online: http://www.lpga.com

## EUROPEAN TOUR

## KLM OPEN

Site: Hilversum, Netherlands.

Schedule: Today-Sunday.

Television: Golf Channel (Thursday-Friday, 9 a.m.-12:30 p.m.; Saturday-Sunday, 7-11 a.m.). Last year: German star Martin Kaymer finished with a 4-under 66 for a four-stroke victory over Christian Nilsson and Fabrizio Zanotti.

Online: www.europeantour.com

## NFL

## Tonight's game

New Orleans at Green Bay, 8:30 p.m.

## Sunday's Games

Atlanta at Chicago, 1 p.m.  
 Buffalo at Kansas City, 1 p.m.  
 Indianapolis at Houston, 1 p.m.  
 Philadelphia at St. Louis, 1 p.m.  
 Detroit at Tampa Bay, 1 p.m.  
 Pittsburgh at Baltimore, 1 p.m.  
 Tennessee at Jacksonville, 1 p.m.  
 Cincinnati at Cleveland, 1 p.m.  
 N.Y. Giants at Washington, 4:15 p.m.  
 Minnesota at San Diego, 4:15 p.m.  
 Seattle at San Francisco, 4:15 p.m.  
 Carolina at Arizona, 4:15 p.m.  
 Dallas at N.Y. Jets, 8:20 p.m.

## CFL

## WEEK 11

| EAST DIVISION |    |   |   |   |     |     |    |  |  |  |
|---------------|----|---|---|---|-----|-----|----|--|--|--|
|               | GP | W | L | T | PF  | PA  | Pt |  |  |  |
| Winnipeg      | 9  | 7 | 2 | 0 | 219 | 184 | 14 |  |  |  |
| Montreal      | 9  | 5 | 4 | 0 | 274 | 238 | 10 |  |  |  |
| Hamilton      | 9  | 5 | 4 | 0 | 260 | 227 | 10 |  |  |  |
| Toronto       | 9  | 2 | 7 | 0 | 200 | 262 | 4  |  |  |  |
| WEST DIVISION |    |   |   |   |     |     |    |  |  |  |
|               | GP | W | L | T | PF  | PA  | Pt |  |  |  |
| Calgary       | 9  | 6 | 3 | 0 | 239 | 238 | 12 |  |  |  |
| Edmonton      | 9  | 6 | 3 | 0 | 209 | 197 | 12 |  |  |  |
| B.C.          | 9  | 3 | 6 | 0 | 232 | 219 | 6  |  |  |  |
| Saskatchewan  | 9  | 2 | 7 | 0 | 192 | 260 | 4  |  |  |  |

## Tomorrow's game

Calgary at Edmonton, 9 p.m.

## Saturday's game

Toronto at B.C., 4 p.m.

## Sunday's games

Hamilton at Montreal, 1 p.m.

Saskatchewan at Winnipeg, 4 p.m.

## SCORING LEADERS

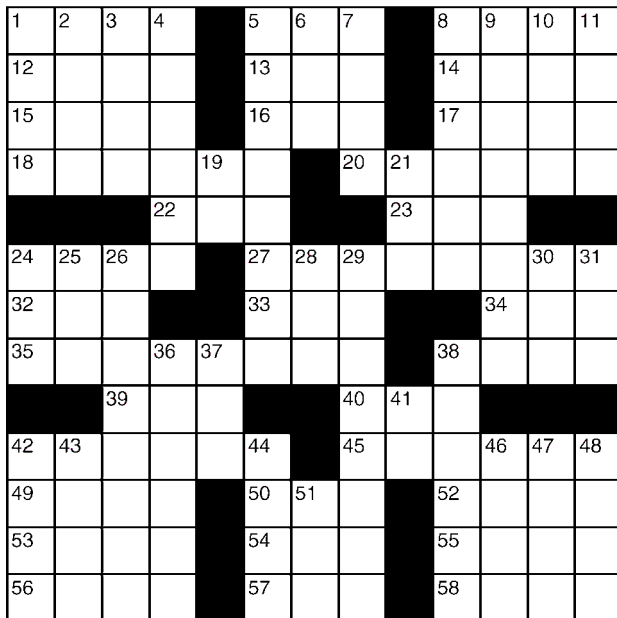
(x—scored two-point convert):

|                     |   |    |    |    |    |
|---------------------|---|----|----|----|----|
| Medlock, Ham        | 0 | 27 | 22 | 3  | 96 |
| McCallum, BC        | 0 | 21 | 23 | 2  | 92 |
| Palardy, Wpg        | 0 | 18 | 23 | 5  | 92 |
| Paredes, Cal        | 0 | 22 | 16 | 4  | 74 |
| Duval, Edm          | 0 | 17 | 14 | 13 | 72 |
| Prefontaine, Tor    | 0 | 15 | 15 | 2  | 62 |
| E.Johnson, Sask     | 0 | 11 | 10 | 5  | 46 |
| Richardson, Mtl     | 7 | 0  | 0  | 0  | 42 |
| Stala, Ham          | 7 | 0  | 0  | 0  | 42 |
| Cobourne, Ham       | 6 | 0  | 0  | 0  | 36 |
| Edwards, Wpg        | 6 | 0  | 0  | 0  | 36 |
| Foster, BC          | 5 | 0  | 0  | 0  | 30 |
| Getzlaf, Sask       | 5 | 0  | 0  | 0  | 30 |
| Kackert, Tor        | 5 | 0  | 0  | 0  | 30 |
| Q.Porter, Ham       | 5 | 0  | 0  | 0  | 30 |
| Stamps, Edm         | 5 | 0  | 0  | 0  | 30 |
| Boyd, Tor           | 4 | 0  | 0  | 0  | 24 |
| Bratton, Mtl        | 4 | 0  | 0  | 0  | 24 |
| Brown, BC           | 4 | 0  | 0  | 0  | 24 |
| Cornish, Cal        | 4 | 0  | 0  | 0  | 24 |
| Diedrick, Mtl       | 4 | 0  | 0  | 0  | 24 |
| Dressler, Sask      | 4 | 0  | 0  | 0  | 24 |
| C.Williams, Ham     | 4 | 0  | 0  | 0  | 24 |
| Milo, Sask          | 0 | 10 | 3  | 1  | 20 |
| Barnes, Edm         | 3 | 0  | 0  | 0  | 18 |
| Brink, Wpg          | 3 | 0  | 0  | 0  | 18 |
| Bruce, Ham-BC       | 3 | 0  | 0  | 0  | 18 |
| Cates, Sask         | 3 | 0  | 0  | 0  | 18 |
| Charles, Sask       | 3 | 0  | 0  | 0  | 18 |
| Green, Mtl          | 3 | 0  | 0  | 0  | 18 |
| Joseph, Edm         | 3 | 0  | 0  | 0  | 18 |
| Lewis, Cal          | 3 | 0  | 0  | 0  | 18 |
| D.Porter, Edm       | 3 | 0  | 0  | 0  | 18 |
| Rambo, Cal          | 3 | 0  | 0  | 0  | 18 |
| Rideau, Tor         | 3 | 0  | 0  | 0  | 18 |
| Reynolds, Cal       | 3 | 0  | 0  | 0  | 18 |
| Robertson, BC       | 3 | 0  | 0  | 0  | 18 |
| Simon, BC           | 3 | 0  | 0  | 0  | 18 |
| Whitaker, Mtl       | 3 | 0  | 0  | 0  | 18 |
| Shaw, Tor           | 0 | 5  | 4  | 1  | 18 |
| Sciavone, Edm       | 0 | 3  | 4  | 0  | 15 |
| Bowman, Edm         | 2 | 0  | 0  | 0  | 12 |
| Denmark, Wpg        | 2 | 0  | 0  | 0  | 12 |
| Forzani, Cal        | 2 | 0  | 0  | 0  | 12 |
| Hughes, Sask        | 2 | 0  | 0  | 0  | 12 |
| Jeffers-Harris, Wpg | 2 | 0  | 0  | 0  | 12 |
| Lemon, Tor          | 2 | 0  | 0  | 0  | 12 |
| Lulay, BC           | 2 | 0  | 0  | 0  | 12 |
| Mann, Ham           | 2 | 0  | 0  | 0  | 12 |
| McPherson, Mtl      | 2 | 0  | 0  | 0  | 12 |
| Messam, Edm         | 2 | 0  | 0  | 0  | 12 |
| Ramond, Cal         | 2 | 0  | 0  | 0  | 12 |

## Crossword

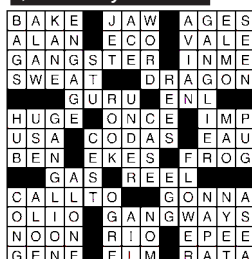
### Across

- 1 Money  
5 Here (Fr.)  
8 Off-key  
12 Minstrel's instrument  
13 — sequitur  
14 Regarding  
15 Met melody  
16 Moment  
17 Slave to cross-words?  
18 Mimicry expert  
20 "The Maltese Falcon" director  
22 Enjoy Aspen  
23 Sch. org.  
24 — accompli  
27 Pest  
32 Possess  
33 Larry King's former employer  
34 Western st.  
35 Paraphrases  
38 Big rig  
39 Levy  
40 Pull along  
42 Iced dessert  
45 Rhododendron's kin  
49 Hebrew month  
50 "2001" computer  
52 Snatched  
53 "The Amazing —"  
54 Under the weather  
55 Maintain  
56 Picnic invaders  
57 One of the family  
58 Squeezes (out)  
**Down**  
1 Applaud  
2 Emanation  
3 Use a teaspoon  
4 San Simeon pub-

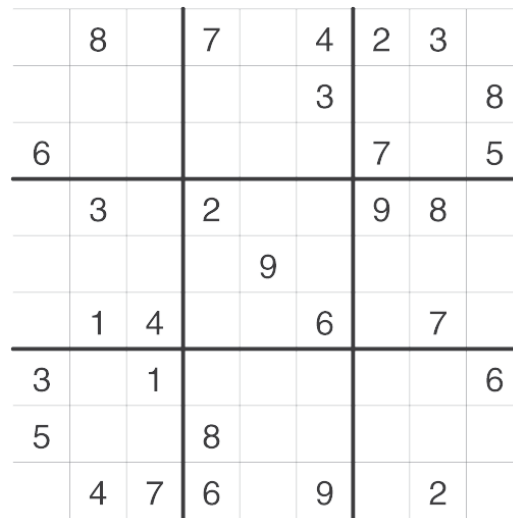


- lisher  
5 Natural aptitude  
6 Miller Sebastian  
7 Foot fraction  
8 Cinco de Mayo party  
9 Case  
10 Italian river  
11 Adolescent  
19 Suitable  
21 High points  
24 Supporting  
25 Shock and —  
26 Teach  
28 French article  
29 Sets up for use, as  
software  
30 Rotating part  
31 Inventor Whitney  
36 Restaurant furniture  
37 Hatchet  
38 Wrap  
41 Wizard's place  
42 Antitoxins  
43 "The Good Earth" heroine  
44 Anything but that  
46 Glimpse  
47 Model Macpherson  
48 Tosses in  
51 Will Smith biopic

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 3 | 1 | 9 | 7 | 5 | 2 | 6 | 8 |
| 9 | 7 | 8 | 6 | 2 | 3 | 5 | 4 | 1 |
| 2 | 6 | 5 | 1 | 8 | 4 | 3 | 9 | 7 |
| 8 | 2 | 7 | 3 | 9 | 1 | 6 | 5 | 4 |
| 5 | 1 | 4 | 2 | 6 | 8 | 7 | 3 | 9 |
| 3 | 9 | 6 | 4 | 5 | 7 | 8 | 1 | 2 |
| 6 | 5 | 2 | 8 | 4 | 9 | 1 | 7 | 3 |
| 7 | 4 | 3 | 5 | 1 | 2 | 9 | 8 | 6 |
| 1 | 8 | 9 | 7 | 3 | 6 | 4 | 2 | 5 |

## A look at the weather

| TODAY                  | FRIDAY                 | SATURDAY               |
|------------------------|------------------------|------------------------|
| ☀ Min 16°<br>☀ Max 30° | ☀ Min 14°<br>☀ Max 30° | ☀ Min 13°<br>☀ Max 27° |

### Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



## Today's horoscope

♈ **Aries** March 21-April 20 You are in for some serious criticism today. Don't listen to it.  
♉ **Taurus** April 21-May 21 Be careful who you confide in because if you reveal something embarrassing, soon everyone will know.  
♊ **Gemini** May 22-June 21 You are no longer sure that what you are planning is such a good idea. It's a just a passing doubt.  
♋ **Cancer** June 22-July 22 Chances are you will fall out with someone who does not share your outlook on life. But that's OK.

♌ **Leo** July 23-Aug. 23 Don't allow yourself to be distracted by events that are likely to steer you away from your long-term goals.  
♍ **Virgo** Aug. 24-Sept. 22 No matter how much you want to explain to certain people what you expect, they may not understand.  
♎ **Libra** Sept. 23-Oct. 23 Someone you work with is harbouring a secret grudge against you.  
♏ **Scorpio** Oct. 24-Nov. 22 If you take what someone tells you at face value today, you'll miss the more interesting half of the story.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

♐ **Sagittarius** Nov. 23-Dec. 21 Think before you speak today: Sometimes words can be more dangerous than actions.  
♑ **Capricorn** Dec. 22-Jan. 20 This is a great time of year for you, so don't hold back.  
♒ **Aquarius** Jan. 21-Feb. 18 The only reason a colleague is being so critical of you is because they resent your success.  
♓ **Pisces** Feb. 19-March 20. There's no need to kick yourself for failing to get around to completing a project. **SALLY BROMPTON**

## Caption contest



"Please sir...I want some more."  
JOHANNA



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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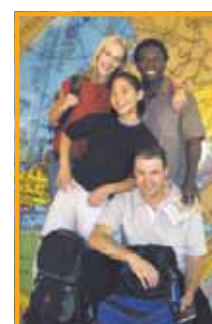
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